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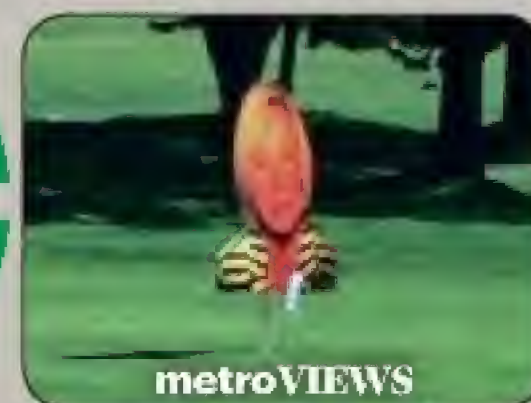
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Parents push back over LGBTQ exclusion in schools

metroNEWS



ISTOCK

Deadline down the drain: Report

NORTH END

But sewage plant
upgrades on budget,
says city manager



Stephanie
Taylor
Metro | Winnipeg

The City of Winnipeg will miss its deadline on completing hundreds of millions of dollars in upgrades to the North End Sewage Treatment Plant, according to a new report headed to city hall.

Friday's finance committee will discuss the report, penned by the city's manager of engineering services, Geoff Patton, which details the work schedules and costs surrounding the \$795-million project.

The design and construction of a new power sub-station at the plant is on time and on budget; however, a series of upgrades to its sewage collection and treatment systems is on budget, but not on schedule.

"The project completion date of December 2019 will not be achieved," Patton writes.

The report says the project schedule is currently under review, and will be updated once all preliminary designs are complete.

City council OK'd the project's near-\$795-million price tag when its capital budget passed in March. This is the latest price given for the project, combining previous years' budgets that pegged the work at \$143 million and \$650 million.

Patton writes in his report this pricing is based on early cost estimates, and is classified as a Class 5, meaning the final number will change for either better or worse.

Coun. Scott Gillingham who will act as chairperson during Friday's meeting, said upgrading the North End plant is the single largest capital expenditure in the city's books.

It's a full \$200 million more than constructing the final stage of southwest bus rapid transit, he added.

"This has to be watched very closely," Gillingham said of the project.

The last time the city's wastewater treatment facilities were discussed at the finance committee, Patton told members the province was "anxious" to have the upgrades finished, with completion dates set for 2018 and 2019. "There's been no discussion of extending beyond those deadlines," he said at the April meeting.

Another report headed to Friday's committee says \$336 million worth of upgrades to the South End Treatment Plant are to be finished by 2019, and hit new effluent targets by July 2018.

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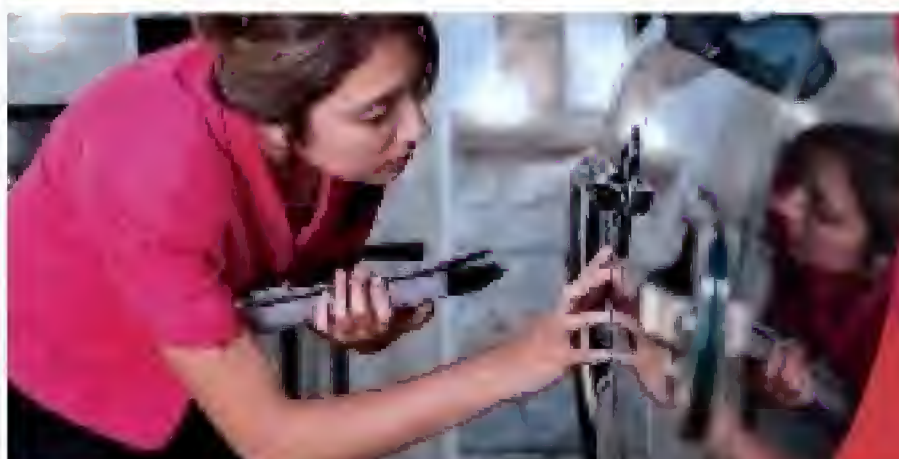
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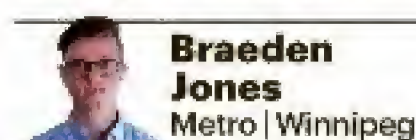
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Trike dreams fuelled by battery, hampered by rules

GREEN ENERGY

Winnipegger envisions e-tricycles as next frontier



Braeden Jones
Metro | Winnipeg

Chris Bachewich, who dreams about replacing 80 to 90 per cent of Winnipeg's urban traffic with compact electric trikes, might be Winnipeg's very own Elon Musk.

He's found a concept he likes and he's been using one himself for the past four years — making 200 trips of 50 kilometres each day, charging his LiFePO4 battery once every two days.

"Now that I see these batteries, and what they are and what they can do, I'm totally blown away," he said.

Bachewich figures if he charges up 100 times annually, he will have travelled 10,000 kilometres for the hydro cost of about \$25, all on a battery he expects would last 30 years.

But in his personal experience and testing, he's learned the dream can't be a reality in Manitoba today because of what he sees as restrictive electric-assisted vehicle legislation.

"The rules they've made are more for bikes, they haven't really thought about trikes at all," he said.

Manitoba Public Insurance spokesperson Brian Smiley said there are provisions for 'power-assisted bicycle' in the Highway Traffic Act (HTA), but they only apply to power-assisted bikes that are certified to meet fed-

eral safety standards.

"MPI does not register or insure power assisted bicycles."

The 48-volt, 40-amp hour LiFePO4 battery Bachewich's trike runs on (and sells via a wholesale distributor from China) can only move his trike frame around 32 km/h.

"And that's all you're allowed," he explained, adding the rules will need updating for more people to experiment with and adopt lightweight, battery-powered and ultimately green vehicles. "At this output, with two passengers, up a hill, you're going backwards."

Because of his limited output, he's been run off the road and forced into accidents on his trike.

He can't take it on the sidewalk, because it's both illegal and hazardous to pedestrians, but driving it on the road is dangerous — leaving this battery-powered pioneer at a loss.

"I wish you could go 50 km/h in the city, you have to at least be able to keep up with traffic because it's a hazard not to," he said. "I could get a stronger battery if it were allowed... All I'm hoping for is that MPI is able to see they've got a classification there with these as electrical assisted bicycles, but they need to sort of make another classification for trikes and other heavier vehicles."

The way he sees it, electric cars like the coveted Tesla and its mass market competition represent one end of a green vehicle spectrum, and bicycles with electric motors sit at the other end.

Bachewich wants to bridge the gap with his affordable light electric assisted vehicle plan.

Think futuristic, canopied,



Chris Bachewich says he'd like to see restrictions come off of his electric trike. **BRAEDEN JONES/METRO**

people carrying pods—or those four-wheeled peddle vehicles people ride around the Forks, but powered by batteries.

"That's the concept," he said. "But the laws as they stand don't support people getting into (light electric powered vehicles) at all."

Smiley speculated that modified machines like Bachewich's dream-mobile could be registered as mopeds rather than power-assisted bikes, as long as the speed is capped to that 50 km/h marker and the vehicle

meets other dimension requirements, as well as HTA standards.

Failing legislative updates or a bigger player driving change, Bachewich plans to keep on testing his concept himself, selling and preaching the good word about LiFePO4 batteries, and hopefully, one day, putting a custom canopy upon his trike.

But that's not all.

The batteries could power lawnmowers and other appliances, too.

"I see ways these batteries could power the world," he said.



IN BRIEF

Carrie Underwood coming to MTS Centre ...

It's going to be a cool country fall as singer-songwriter Carrie Underwood comes to the MTS Centre in October.

The former American Idol winner expanded her current tour, called The Storyteller Tour, and will hit the Phone Booth on Oct. 15.

Tickets will go on sale Friday, June 24 at 10 a.m. on Ticketmaster. **METRO**

...and so is Dolly Parton

It's straight up country as Dolly Parton graces the MTS Centre in September. The queen of country music will be at MTS Centre on Sept. 12 as part of her Pure and Simple tour.

Tickets go on sale Thursday, June 23 at 10 a.m. Tickets will range from \$39.50 to \$97.50 at Ticketmaster. **METRO**

Ziggy heads to the Burt

Ziggy Marley is bringing his latest tour to the Burton Cummings Theatre. The seven-time Grammy winner will bring his brand of Reggae to The Burt' on Oct. 7. Tickets go on sale Friday at 10 a.m. through Ticketmaster. Tickets start at \$40.50 plus fees. **METRO**

Masterchef wannabe doesn't make the cut

A local chef who made it to the final round for Masterchef Canada was cut. Jeremy Senaris was defeated by Toronto Chef Mary Berg Sunday night in the aired finale.

"Mary really deserves this, and I'm happy for her," Senaris said on TV.

"I made it this far and I'm really proud of what I did." **METRO**

Indigenous shows at mall

Portage Place will be hosting a new Indigenous Concert Series on the last Friday of every month this summer. The free concerts at the downtown mall will see a performer, including Ila Barker, Don Amero, and Renee Lamoureux on Jun 24, July 29 and Aug. 26. **METRO**

RESCUES

Animal services agency euthanizing fewer dogs



Stephanie Taylor
Metro | Winnipeg

When lost or unwanted dogs end up in the city's animal shelter, they have a good

chance of making it out alive, according to the agency in charge.

Leland Gordon, chief operating officer of the animal service agency, told Monday's committee on innovation the city has what's called a "live

release rate" of 96 per cent.

He said that means only 41 of the roughly 1,000 canines that entered their care last year were euthanized, while the rest were reunited with their owners, or adopted to a new home or rescue group.

"It's unbelievable," Gordon told Metro.

In 2008, that rate was 75 per cent.

He attributes the improvements to people licensing their dogs, and the power of social media to reunite owners with

lost pooches.

The city's 311 service also helps reunite lost pets with their owners if they are licensed, he added.

Last year, Gordon said 311 helped bring home 592 animals.

Bus stops not ideal: Wardrop

TRANSIT

Public spaces better spot for phone chargers, director says



Stephanie Taylor
Metro | Winnipeg

Winnipeg's transit boss thinks installing USB charging stations around the city is a worthwhile idea — just maybe not at bus stops.

Dave Wardrop presented Monday's innovation committee with findings from a study requested last month on how other cities have provided transit riders with cell phone charging stations.

Montreal, Halifax, Ottawa, Toronto and Edmonton all provide some type of charging stations, whether in the form of a special kiosk or located in an indoor area, he explained.

In the case of Edmonton, Wardrop said outlets at light rail transit stops were eventually removed after the city found it was the cause of loitering.

Wardrop told Monday's com-



Don't expect free Wi-Fi or charging stations on buses anytime soon, like these transit buses in Manhattan, N.Y. THE ASSOCIATED PRESS

mittee there are a number of initiatives the city needs to consider to boost bus ridership and make transit a more desirable option for commuters.

"There's perhaps merit in looking at the provision of charging stations (elsewhere) in the community," he said, pointing to other possible high-frequency

areas, such as around community centres and libraries.

He said installing the technology needed for residents to plug-in while waiting at bus stops

would be complicated, and not to mention cost upwards of \$10,000 per station.

Wardrop said the amount of time available for charging

“

There's perhaps merit in looking at the provision of charging stations (elsewhere) in the community.

Dave Wardrop

would be limited, given how many people are waiting at a bus stop and for how long.

Then there's the logistics of potentially stepping on Manitoba Hydro's toes, and installing the stations in public right-of-ways, where transit stops are located.

Perhaps the final question is where could chargers go in order to withstand the frigid temperatures of a prairie winter.

"You want to think about whether transit stops are the optimal place for (charging stations)," Wardrop concluded.

Monday's committee voted to accept Wardrop's update.

They also endorsed an update on ongoing work staff are undertaking to examine offering Wi-Fi on buses and other city properties.

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**LIQUOR
MART**



Michelle McHale speaks out against Hanover School Division's LGBTQ policies. GRANT BURR/THE CARILLON

Rural school district faces human rights complaint

MANITOBA

Parents angry LGBTQ talks delayed until high school

Elisha Dacey and Meg Crane
Metro Winnipeg

Two parents have filed a human rights complaint against a rural Manitoba School Division for not allowing discussions about LGBTQ issues in classrooms until high school.

Michelle McHale and Karen Phillips filed the complaint against the Hanover School Division and its Board of Trustees through the Public Law Centre for "excluding sexual orientation and gender identity from discussion in elementary and middle years classrooms."

By doing so, McHale said the division is excluding students

who are and who have parents who are LGBTQ.

"Students need to feel safe, included and supported," McHale said Monday.

The school division currently treats LGBTQ issues as a "sensitive concern" that can't be discussed until high school.

McHale and Phillips have been at the forefront of a struggle with the school division to have the guidelines revised.

There has been change since they first brought up concerns with the school division earlier this year, but McHale said it hasn't been for the better.

"If the child speaks to the teacher about homosexuality, then the parents need to be called," said McHale.

She said the new rule could put a student in danger, something that has become more apparent since she first spoke out.

"In my work life, with the people that I know, of course there's lots of accepting people that I interact with. After the

presentation, there was a notable difference in how certain environments were. Grocery stores, gas stations," said McHale. McHale and Phillips moved out of the area in May for fear of their safety.

"We got to the point where we were asking the kids not to open the door," said McHale.

The last Hanover Board meeting on June 7 was attended by about 160 people, most of whom wanted the guidelines to stay the same. The surrounding area is conservative and religious.

The meeting, according to the Steinbach Carillon, saw trustees falsely link a rise in sexual education to a rise in cancer, and to compare talking about sexual orientation to residential schools. The division decided to stand by their guidelines.

"LGBTQ* students and students with LGBTQ* parents or family have a right to feel safe, included and supported in their school programs and experiences," reads the complaint.

"The actions of the Hanover School Division and its Board of Trustees have created a culture of exclusion and stigmatization that cannot stand."

Their complaint asks that several changes be made, including that sexual orientation be removed from the sensitive concerns list and that trust-

ees participate in human rights training. Hanover School Division Board chair Ron Falk said they have not yet received an official notice of the complaint and will not comment until they have. The City of Steinbach will have its first Gay Pride Parade on July 9.



Students need to feel safe, included and supported.

Parent Michelle McHale



MP Ted Falk THE CANADIAN PRESS

POLITICS

Conservative MP won't attend Pride march due to his 'values'

A Conservative member of Parliament from rural Manitoba says he will not attend a pride march in his community because of his personal values.

Ted Falk had previously said he would not attend the July 9 march since he had committed to going to another event called the

Frog Follies.

The organizer of the agricultural festival says on social media that the pride march is more important, so Falk should feel free to change his plans.

Falk has issued a written statement saying that he would not attend the pride march even if he had nothing

else on his schedule.

Falk says he is standing by his "values of faith, family and community" and people should respect his right not to attend.

The march is to be the first in Steinbach, a city of 14,000 people about 65 kilometres southeast of Winnipeg.

THE CANADIAN PRESS

TRANSIT TUESDAY
Weekly Transit News Update



SAY HELLO TO PEGGO, THE NEW WAY TO PAY YOUR BUS FARE!

Say goodbye to paper transit tickets and passes! Say hello to peggo, a new and more convenient way to pay your fare from Winnipeg Transit.

The peggo system will be activated on Monday, July 4, 2016 and made available to senior customers first, followed by full fare and youth customers in early August.

Simply tap your peggo card on the electronic fare box when boarding. The peggo card uses an embedded electronic chip to deduct the appropriate fare from your account. All peggo customers will be able to buy their peggo card and "load fares" online, by phone or at retail outlets, including 7-Eleven and Shoppers Drug Mart.

Customers will have up to 36 fare payment options to choose from, including 24 hour, 3 day, 5 day, 7 day, 14 day, 21 day, 28 day, monthly and annual passes. Winnipeg Transit will continue to offer reduced fares to seniors and students.

The cost for a peggo card is \$5.00, however, for a limited time, customers can receive a rebate when they register their peggo card online and use it within 90 days of purchase. Visit winnipegtransit.com or contact 311 for more information.

There are two types of fares which can be loaded onto peggo cards:

- e-passes – replace paper passes and are valid for an unlimited number of trips during a set number of consecutive days.
- e-cash – replaces paper tickets. Riders can load e-cash onto their peggo cards, which deducts e-cash fares from the card when it is tapped on the farebox. When paying using e-cash, a 75-minute transfer is automatically loaded onto the peggo card so paper transfers are no longer required.

Winnipeg Transit will continue to accept paper passes and tickets while customers transition to the new fare system. Riders will still be able to pay cash fare when boarding.

A comprehensive public outreach and education campaign is now underway to help Winnipeg Transit customers adapt to the new fare payment system.

To learn more about peggo, visit winnipegtransit.com or contact 311.

Say goodbye to paper tickets and passes



Say hello to peggo

winnipegtransit.com or contact 311



Massage turns into nightmare

CRIME

Man claims spa visit led to sexual assault, extortion bid

Meg Crane
For Metro | Winnipeg

A man says he was sexually assaulted in a Winnipeg beauty spa — and that the assault was taped so the criminals could extort money out of him.

Winnipeg police said the man, who had a business relationship with the owners of the spa in the 700 block of St. Anne's Road, was recently offered a massage by an employee while he waited for the owner.

"He legitimately was there on some other business. He was told he would have to wait, it's going to be a bit, would you be inclined to wait and have a massage," said Constable Rob Carver.

The victim was sexually



Constable Rob Carver said police charged two women with extortion over the beauty spa incident. MEG CRANE/METRO

assaulted and then realized that a video of the incident was being secretly recorded on a cellphone.

He was told he would have to pay thousands of dollars

or the video would be made public, said Carver.

The victim appears to have not been aware he would be getting anything beyond a massage.

"Massages were offered at this location as part of the business," Carver said.

However, the employee was not a licensed therapist. "There is no suspicion on

investigators' part that he had done anything, or intended to do anything, wrong," Carver said.

Simple Mehta, 39, faces charges of extortion, procur-

66

He was told he would have to wait, it's going to be a bit, would you be inclined to wait and have a massage?

Constable Rob Carver

ing and conspiracy to commit an indictable offence.

Pam Sandy, 22, faces charges of extortion, voyeurism, sexual assault and conspiracy to commit an indictable offence.

They are both in custody. Police had previously received information about the business that put it on their radar, but did not have enough to act on.

After speaking with the victim, police went to the beauty spa with a search warrant looking for more information specifically about this incident, however Carver said additional charges may be laid as police learn more.

IN BRIEF

Fake ID tweet gets real response from police

One young Winnipeg man learned how not to use Twitter after Winnipeg police responded to his social media request to find fake IDs. User @adam_earis sent out this tweet Sunday evening: "Yo, does anyone know someone who can make fake ID's?"

His follower @JordanJYarish then tagged the Winnipeg Police Service's Twitter account, who then replied to the original tweet sarcastically. "Let us know if you find

a source for fake IDs. Pretty sure we know a couple of detectives would be interested in that info too." METRO

Warehouse arson likely

An industrial warehouse on Regent Avenue caught fire Sunday in what police say was likely arson. Const. Rob Carver said someone broke into the building before the police and fire paramedics arrived. During the investigation, six police officers were exposed to a hazardous chemical in the building. METRO

Border sneak is caught

The Canada Border Services Agency has charged a man from the United States with trying to sneak into Manitoba by hiding in a vehicle.

Barry Roger Holmes, who is 58 and from Wisconsin, is charged with failing to appear for examination and wilful evasion under the Customs Act.

The agency says officers checked a pickup truck coming into Manitoba at the Sprague crossing on June 13.

THE CANADIAN PRESS

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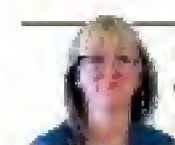


Last Saturday's overnight staff at the West End 24-hour Safe Space shelter. Organizers said they will be open again this coming weekend for youth seeking refuge. SEAN LEDWICH/HANDOUT

Youth have a safe space in west end

OUTREACH

Shelter open 24 hours seeks volunteers, donations



Meg Crane
For Metro | Winnipeg

After more than a year of research and planning, the West End 24-hour Safe Space is open.

Three youth spent Friday night at the shelter, located at Magnus Eliason Recreation Centre and six were there Saturday, say organizers. Through outreach, about 18 more used its resources each night, despite little promotion about the opening.

"We weren't expecting those numbers to start with," said Jamil Mahmood, executive director of Spence Neighbourhood Association.

Mahmood said they didn't promote the opening so they could start off slowly, but added the

high attendance was not an issue.

"We were maybe over prepared, if possible," said Mahmood.

The centre will be open again this coming Friday and Saturday. From July 1 to Sept. 5, the West End 24-hour Safe Space take youth in nightly. After the summer, they'll be open only Friday, Saturday and nights before school holidays, said Mahmood.

Mahmood said other shelters have found there isn't a demand for a safe space on school nights, but there is on weekends when some youth are left alone or their homes become a party house.

It is also a more dangerous time for youth to be on the street.

"There's more people out and on the street. There's more threats and more predators," Mahmood said.

Changes will be made to the schedule and space based on youth feedback, Mahmood said.

"We're not expecting to have a super eloquent discussion about how important it is, but having kids being there, staying all

night, shows that they needed to be there," Mahmood said.

Despite the initial success, Mahmood said they're interested in finding long-term solutions as they figure out why youth don't have a permanent safe home.

In the meantime, Mahmood said they're looking for volunteers — general, professional and drivers — and donations of socks and supplies for hygiene kits.

DETAILS

Hours: 24-hour Safe Space is open 11 p.m. to 7 a.m. from July 1 to Sept. 5.

School year: Throughout the school year the shelter will be open Friday, Saturday and on holidays.

Location: Magnus Eliason Recreation Centre at 430 Langside St.

Dedicated phone line: 204-333-9691.

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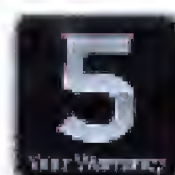
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A pilot project in B.C. has launched to teach trauma-informed yoga to clients and staff at 25 shelters across the province. CONTRIBUTED

'A different kind of yoga' going on here

BRITISH COLUMBIA

Pilot program launches yoga for domestic abuse victims



David P. Ball
Metro | Vancouver

Women's anti-violence shelters across British Columbia are poised to offer a unique adaptation of yoga — one based on an understanding of trauma.

The B.C. Society of Transition Houses is rolling out the mat

for a pilot project to eventually bring "trauma-informed yoga" to 25 shelters across the province, starting with four initial sites, in hopes that the practice will better support women and children fleeing domestic abuse in healing.

For many women in transition houses across B.C., it will be their first experience of yoga at all, said the executive director of one of the first shelter organizations accepted into the program, Dixon Transition Society in Burnaby.

"I think it's going to be a first time for a lot of the clients," Pany Aghili told Metro. "It's a different kind of yoga, though."

“Yoga studios can feel not very accessible for some people.”

Renée Turner

It doesn't focus heavily on poses and there's no correction — it's meant to support people to process their thoughts and tap into their inner strength."

Trauma-informed yoga is adapted to not ask participants to imitate a teacher; there are no set poses, instructions to follow, or hands-on posture correc-

tions that could trigger someone with trauma.

"With interpersonal and domestic violence, a large factor at play is coercion and control," said Sarah Holmes de Castro, Yoga Outreach's programs director and a yoga facilitator. "We're talking about women who may not have had a lot of choice in their lives ... so we're offering everyone an invitation to participate as they want."

Yoga Outreach's approach therefore may not even involve a yoga mat, but instead sitting in a chair. And instead of difficult postures, many of the practices are much easier movements or basic meditation exercises.

IN BRIEF

Blood donation restrictions lowered for gay men

Health Canada is making it easier for gay men to give blood, so long as they have been celibate for one year.

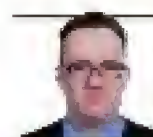
Canadian Blood Services and Hema-Quebec will now be allowed to accept blood from men who have had sex with men as recently as one year ago.

"It's certainly a step in the right direction," Health Minister Jane Philpott said. Health Canada is also giving agencies \$3 million toward that goal.

THE CANADIAN PRESS

metro EXCLUSIVE

Fort Mac's never-built highway



Ryan Tumilty
Metro | Edmonton

Metro has learned a second highway out of Fort McMurray that could have sped up the community's massive evacuation from a wildfire in May was announced in 2012, but was never built by the former provincial Progressive Conservative government.

Under then-premier Alison Redford, the Alberta PCs announced \$150 million to extend Highway 881 from Anzac

to Fort McMurray.

With only one way out, people headed south on Highway 63 during the fire, even as flames burned high in the trees beside the road.

Transportation Minister Brian Mason said the previous government announced the plan but did little to turn it into a reality.

"They never put it in the capital plan," he said. "Many things were announced and then later on quietly removed."

But while Mason is critical

of the government for announcing, but not funding the road, he has no immediate plans to change that.

Mason said the government would look at secondary routes out of the city, but could make no commitments.

Interim Progressive Conservative leader Ric Mclver, who was transportation minister at the time, said the government had other priorities and couldn't follow through.

He said for all of Mason's criticisms he isn't funding the road either.



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From a Syrian refugee, with love

RESETTLEMENT

Syrian boy gifts immigration minister with a painted portrait

Federal politicians meet a lot of people, but Syrian children don't meet a lot of federal politicians — let alone the same one twice, in two different countries, each a world apart from the other.

Hamza Ali, 13, remembers clearly the day last November when a trio of Canadian cabinet ministers trooped into an ad-hoc art gallery set up in the Zaatari refugee camp in Jordan.

Ali, one of the artists, shook the ministers' hands and explained the concept behind his gripping paintings of women and men struggling with life and the war in Syria.

Immigration Minister John McCallum told Ali he was struck by the symbolism of a painting showing a woman carrying a map of Syria on her back up a

flight of stairs, a heavy red sky in the background.

"Women do all the heavy lifting," McCallum remarked.

That painting now hangs in Health Minister Jane Philpott's office in Ottawa. McCallum didn't have one — until Monday.

The ministers left the camp and went on to open a massive refugee processing centre near Amman that would eventually see thousands of refugees interviewed and screened to come to Canada.

Five of them ended up being

and his father decided to paint another.

The idea, they said through a translator, was to offer a thank you to the minister who may not have bought one of the paintings but — unbeknownst to the minister — had given them the gift of a new life in Canada.

When McCallum arrived at the event, he was guided over to the Ali's.

He nodded when he was told he'd met them before, but then Ali's mother reminded him her son had been the boy with the

“Before, all our work was sorrowful. Now we've started painting happy things. Mohammad Ali, Hamza's father

the Ali family.

Since February, they've lived in the national capital — Hamza utterly oblivious to the fact his painting was hanging in a high-powered government office just a few minutes away.

When his family was invited Monday to an event in Ottawa to mark World Refugee Day, he

paintings in the camp. McCallum's face lit up — and his smile grew even wider when Ali's father pulled a new painting out of a paper bag.

It was a portrait of the minister, a Canadian flag behind him and the words "thank you very much" across the top.

THE CANADIAN PRESS



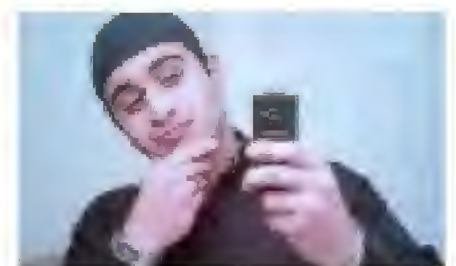
Minister of Immigration, Refugees and Citizenship John McCallum holds a painting that Hamza Ali, 13, presented him with in Ottawa on Monday. ADRIAN WYLD/THE CANADIAN PRESS

GUN CONTROL

Massacre can't undo gridlock

A divided Senate blocked rival election-year plans to curb guns on Monday, eight days after the horror of Orlando's mass shooting intensified pressure on lawmakers to act but knotted them in gridlock anyway — even over restricting firearms for terrorists.

Meanwhile, Orlando gunman Omar Mateen identified himself as an Islamic soldier in calls with authorities during his rampage and demanded a crisis negotiator that the U.S. "stop bombing Syria and Iraq," according to transcripts released by the FBI on Monday. THE ASSOCIATED PRESS



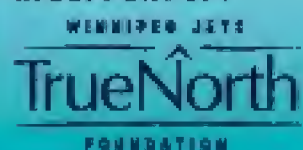
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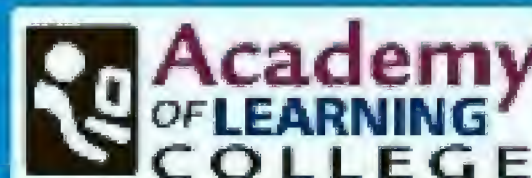
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Trump team gets shakeup

U.S. ELECTION

Fired campaign manager says he leaves with 'no regrets'

Donald Trump abruptly fired campaign manager Corey Lewandowski on Monday in a dramatic shakeup designed to calm panicked Republican leaders and end an internal power struggle plaguing the billionaire businessman's unconventional White House bid.

In dismissing his longtime campaign chief — just a month before the party's national convention, Trump signalled, at least for a day, a departure from the seat-of-the-pants style that has fueled his unlikely rise in Republican politics. Perhaps more than anyone else in Trump's inner circle, the ousted aide has preached a simple mantra: "Let Trump be Trump."

"I have no regrets," Lewandowski told CNN, just hours after he was escorted out of Trump's Manhattan campaign headquarters. Still, the former



Donald Trump speaks at a rally Saturday in Phoenix.

ROSS D. FRANKLIN/THE ASSOCIATED PRESS

conservative activist seemed to acknowledge the limitations of his approach, which has sparked widespread concern among the GOP's top donors, operatives, elected officials, and even some of Trump's family members.

"The campaign needs to con-

tinue to grow to be successful," he said.

Trump, the presumptive GOP presidential nominee, did not address the move publicly on Monday. Spokeswoman Hope Hicks described the departure merely as a "parting of ways."

A person close to Trump said



Corey Lewandowski GETTY IMAGES

Lewandowski was forced out largely because of the campaign's worsening relationship with the Republican National Committee, donors and GOP officials, who have increasingly criticized the candidate in recent weeks. That person spoke on the condition of anonymity

+ ARREST

Man who tried grabbing gun wanted to kill Trump

A man arrested at a Donald Trump rally in Las Vegas told authorities he tried to grab an officer's gun so he could kill the candidate, the Secret Service said.

A complaint filed Monday in U.S. District Court in Nevada charges Michael Steven Sandford with an act of violence on restricted grounds. He was expected to appear in court as the investigation continued.

because the person was not authorized to discuss internal deliberations.

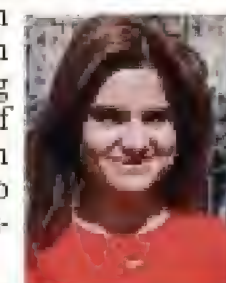
While Trump dismissed his critics publicly, he has been privately concerned that so many party leaders — House Speaker Paul Ryan and Senate Majority Leader Mitch McConnell among them — have been reluctant to support him, the person said. Trump at least partially blamed Lewandowski.

THE ASSOCIATED PRESS

UNITED KINGDOM

British lawmakers mourn Cox

The raucous business of Britain's House of Commons was replaced by sombre silence and heartfelt tributes Monday for slain lawmaker Jo Cox, while the man charged with her slaying made a brief appearance in court by video link from prison.



Jo Cox GETTY IMAGES

Lawmakers lined the benches and stood in the aisles of the House for a special session in Cox's memory. Some wiped away tears, and each wore a white rose, symbol of Cox's home county of Yorkshire.

Parliament was in recess for campaigning in the European Union referendum when Cox was shot and stabbed to death outside a library in her northern England constituency on Thursday. The suspect, Thomas Mair, gave his name during a court appearance as "death to traitors, freedom for Britain."

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N.Y.C. closer to curbing illegal Airbnb listings

SHARING ECONOMY

Proposal seeks stiff fines for short-term rental ads

A proposal to outlaw online advertisements for short-term New York City apartment rentals on sites like Airbnb has cleared the state Legislature.

It's already illegal to rent out apartments for less than 30 days in the city.

The measure heading to Democratic Gov. Andrew Cuomo's desk would establish graduated fines of up to \$7,500 US for advertising online or elsewhere for short-term rentals, which have expanded with online platforms.

"Airbnb has created a black market for illegal hotel operators," said Assemblywoman Linda Rosenthal, a Manhattan Democrat and bill sponsor. The practice reduces affordable

housing for city residents, she said.

Josh Meltzer, Airbnb head of public policy, said lawmakers "cut a last-minute deal with the hotel industry" to pass the bill. He called it "a bad proposal that will make it harder for thousands of New Yorkers to pay the bills."

The penalties range from up to \$1,000 US for a first offence, \$5,000 US for the second and \$7,500 US for the third.

Existing law prohibits owners or renters of apartments in multiunit buildings from renting them for less than 30 days unless they remain present. It permits having boarders or renting rooms.

Airbnb's analysis shows some 24,400 city hosts have made rentals.

"This is a bad bill driven by the hotel industry that will actually exacerbate the affordable-housing crisis," said Airbnb spokesman Peter Schottenfels.

THE ASSOCIATED PRESS



Supporters of Airbnb hold a rally outside City Hall in New York in January 2015. THE ASSOCIATED PRESS

CANADA PENSION PLAN

Feds, some provinces agree pension reform

The federal government and the provinces have reached an agreement in principle to reform the Canada Pension Plan — but the deal does not include Quebec and Manitoba. The Canadian Press has learned.

A source with knowledge of the talks says Quebec and Manitoba have agreed to be part of the discussions moving forward.

Under the agreement, starting in 2019, contributions for a typical worker earning about \$55,000 would initially increase by \$7 a month and employers would match those contributions.

Sources say Ottawa made a major 11th-hour push in hope of securing enough country-wide support to boost the CPP and suggest Prime Minister Justin Trudeau was involved in the extra effort.

Heading into the federal-provincial meeting, it was still unclear whether Ottawa would piece together the minimum required provincial support for change. Saskatchewan, for example, did not support CPP enhancement.

A change to the CPP needed the consent of Ottawa and a

minimum of seven provinces representing at least two-thirds of the country's population.

There hasn't been such a level of consensus on CPP reform at a national scale since the 1990s.

Federal Finance Minister Bill Morneau has argued that enhancing the CPP is critical to ensuring future generations will be able to retire in dignity, no matter the state of their finances.

However, critics have warned that expanding the CPP would squeeze workers and employers for additional contributions — and hurt the still-fragile Canadian economy.

The federal government intensified its lobbying efforts over the final days and hours of ongoing meetings in Vancouver as it tried to attract support from enough provinces to ensure a CPP upgrade, said sources.

Federal research has suggested workers who are the least likely to save for retirement tend to be under the age of 30 and earn between \$55,000 and \$75,000.

THE CANADIAN PRESS

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ROSEMARY WESTWOOD ON RACHEL NOTLEY'S GOLF-COURSE TREATMENT

Just as a cake recipe must be adjusted depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

Grown men will be boys, as the saying goes.

So when the Big Country Oilmen's Association took an image of Alberta premier Rachel Notley's face and used it for target practice at their weekend golf tournament — well, "everybody had a good laugh," Ernest Bothi, the association's president, told media.

"It was good-hearted laughter," he clarified.

Perhaps he missed the Facebook video of a golf cart careening towards Notley's face and bowling it over, amid a soundtrack of unfriendly glee. "Good-hearted" also wasn't exactly the impression he left in the press. Bothi was "fed up" with the oil economy and frustrated at government, he told the CBC. "A lot of good people have invested their entire life into this industry and for what? So that a government can strip it away from us?" he said.

When asked if he was sorry, he countered with: "For what? For being frustrated? For possibly losing my home and possibly losing my business because of this government? No."

And there you hear real anger that inspired this "good-natured" golf gag.

Bothi later did apologize, after the story picked up steam and he learned British MP Jo Cox was murdered last

week. His "timing was poor" and had he known, there would have been no Notley cameo at the tournament.

In making such a declaration, Bothi suggests he believes there's a link between symbolic, even joking, violence against women and actual violence against women, even if it only amounts to poor taste. But you can't

have it both ways, sir.

Yes, sexism and violence against women are entwined, and that's why effigies of Rob Ford and Stephen Harper and Ralph Klein never made quite the headlines of the Notley prank. Bothi wasn't applying his judgment to the wider context, as we should. Just as a cake recipe must be adjusted



depending on altitude, critiques of women politicians, however innocuous, must account for the temperature of misogyny.

But neither was the feminist outrage well measured. In the comment sections, the only people holier than the ones crying sexism were the ones seemingly blaming the newly empowered NDP for all but original sin.

In truth, at least according to Facebook (Bothi didn't respond to an interview request), anger — not good-naturedness and not sexism — seems to be at the root of the whole thing. Bothi's feed is populated by comments thick with personal jabs, sweeping criticisms and little nuance.

Albertans are a "gullible electorate" and Alison Redford is an "arrogant, lying, pork barrelling pig of a premier," a "Marie Antonette" (sic) who's party will hopefully show "the politically guillotine and cuter her bitumen bubblehead off."

Also, the Toronto media is "corrupt" for publishing Rob Ford's crack video. "most of the Libs and NDP's" on Parliament Hill are criminals and Justin Trudeau is a "pretty boy" and an "air-head."

This week, to the media, Bothi took a decidedly more measured tone. "I'm sure she's a wonderful person to sit and drink coffee with, but I just wish she'd have a change of heart on what she's doing, especially with this carbon tax," he said of Notley.

Likewise, I'm sure Bothi might be a nice enough man to have a beer with, and while I sympathize with the fear he and many oil workers must be feeling, I wish he'd have a change of heart on how he's behaving, es

On transit, we really have gone off the rails

INSIDE THE PERIMETER

Shannon VanRaes



Nearly every spring a glimpse of Winnipeg's transit past peeks through at the northwest corner of the legislative grounds.

Thanks to crumbling roads and predictable pot holes, a tiny bit of the city's old street-car tracks can be spotted by drivers and cyclists who stop cursing traffic long enough to take in the scenery.

Given the City of Winnipeg's recent rapid transit woes it's hard not to curse the late William Henry Carter, the one-time head of the Winnipeg Electric Company and first chairman of the Greater Winnipeg Transit Commission who oversaw the decommissioning of Winnipeg's fleet of electric streetcars in the fall of 1955. But his speech marking the occasion may have been more prophetic than he intended.

According to the Manitoba Transit Heritage Association, he said "the familiar sight of street cars rumbling along the Portage-North Main route has disappeared forever, replaced by a fleet of transit buses, the largest and most luxurious that money can buy."

Today, as the city fumbles in the face of transit pressure I find myself waxing nostalgic for the days of the streetcar — not just because the electric street car was an efficient, charming and emission-free mode of transportation, but because it belonged to an era when Winnipeg's transit provider and its electricity provider were on the same team.

Manitoba Hydro — which long ago absorbed the entity

that absorbed what was the Winnipeg Electric Company, which once ran transit — now seems to view the City of Winnipeg as just another opportunity to squeeze a little more value out of its assets.

While large and luxurious are adjectives I would no longer apply to Winnipeg's bus fleet, it seems that a tendency to shell out cash remains. And with the executive policy committee voting to accept Hydro's dubiously high price tag of \$20.4 million for land needed for the second BRT corridor, this new phase of rapid transit could indeed become the most expensive bus system that money can buy.

So as we crawl kicking and screaming towards the future, Winnipeg's civic planners would do well to look back.

Winnipeg Transit may laud the fact it has now has four electric buses in its fleet, but the fact is that there was a time when nearly all of Winnipeg's transit vehicles ran on electricity. Portage Avenue, Main Street, Broadway and other Winnipeg thoroughfares weren't built extra-wide to accommodate personal vehicles, they were super sized to accommodate a public transit system that was once integrated into the city's very infrastructure.

A decision to incorporate Union Station into the new transit route is a good, albeit obvious, move by the city, but it is only a drop in the bucket.

To again quote W.H. Carter, "Completion of the rails to rubber program ... is not being taken as signal by the Commission to sit back and relax. A transit system must change, grow, and improve as the areas served develop."

We'll see about that.

Metro POLL Loving LeBron?

LeBron James has finally brought an NBA championship to Cleveland. In light of the historic win over the mighty Golden State Warriors — the city's first title in a major pro sport since 1964 — we asked what you think of King James's victory.

1 Were you glad or mad to see LeBron and his Cavs rally to win the NBA title?



LBJ was the best player in this finals and last years as well You don't have to like him, but what he can do is undeniable.

Not just his game, but his life was put under a microscope to overcome all the adversity is what greatness is made of.

I was a LeBron hater but c'mon...

I was angry because of the way he's played...dropping to the court if anyone brushed against him.

He delivered on a promise and his emotions were so pure and heartfelt.

The feminist outrage was not well measured. The only ones holier than those crying sexism were those blaming the NDP for all but original sin.

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Zika puts a damper on destination weddings

GUIDE

What you need to know ahead of your nuptials in faraway lands

Megan Haynes
For Metro Canada



Sarah Jawad's wedding almost turned into a \$200,000 nightmare.

Right after she mailed invitations to her Cancun nuptials, the Calgary resident started receiving concerned messages from attendees.

Zika had arrived on the Mexican shores.

The virus, which is spread through mosquitoes, can cause serious birth defects among pregnant women, and as a result is having a negative effect on everything from weddings, honeymoons and babymoons.

Much remains unknown about the virus, so women wishing to start families are being told to wait up to 10 weeks before trying to conceive.

In Canada, only those who show symptoms can be tested, which leaves a lot of uncertainty for couples in limbo.

"I didn't want to put any of our loved ones at risk," says Jawad.

"If I were to find out one of them had a child with a birth defect (because) of Zika, I wouldn't be able to forgive myself."

Jawad and her fiancé worked with their travel agent to try and bake in some protection for the wedding party to be able to cancel on short notice, should the spread of the virus worsen.

When neither the agent nor resort were able to offer a guarantee that her 80-plus guest list could get some sort of refund on their \$2,000 per person trip should the situation worsen, the pair cancelled their dream wedding.

"That's almost \$200,000 we and our guests (were) investing in our wedding," she says.

"But we were so frustrated by the generic answers we were getting, we didn't feel protected."

In the end, with only five months to go, Jawad changed their venue to Vancouver and started planning from scratch.

Thankfully, none of her guests had put in their deposits, and through negotiating she and her fiancé were able to recoup their funds for the wedding.

With more than 350 cases of confirmed Zika in Mexico, both the Canadian government and American Centre for Disease Control advise caution, recommending pregnant women and women who want to become pregnant avoid travel to the country at all and for everyone else, using mosquito spray liberally and covering up when outside, which Jawad says reinforces her decision to cancel.

Crystal Adair-Benning, owner of destination wedding firm Distinct Occasions, says while none of her clients have cancelled, the Zika scare is changing the discussion for many in the planning stages of their weddings.

Hawaii, which so far remains Zika free, has become a lot more popular in recent months, she says.

For anyone who has booked (both bridal party and guests), they may only have their insurance to fall back on if the spread of Zika worsens, she adds.

Even then, most insurance will only cover the funds for the pregnant party's travel cost.

If the bride and groom cancel or make changes, insurance won't usually cover guests' costs.

Those who opt to move forward with their weddings in Zika zones, Adair-Benning recommends including bug spray and information guides in welcome kits, and making sure as much information is available to guests ahead of the big day.

While there is no social obligation on the bride and groom to refund their guests, there are some things to con-



Sarah Jawad and her husband Moufid Jarjour cancelled their wedding in Mexico because of Zika fears. CONTRIBUTED

sider says etiquette expert Julie Blais Comeau.

Time is of the essence: as soon as a decision is made, guests have to be notified. For longer-leads (and when the invitation hasn't been sent out) a simple note saying the wedding has been postponed will do.

Couples are encouraged to disclose the reason ("Due to health risks associated with the Zika virus, we're making changes to our wedding plans.") though they don't have to tell people they're pregnant or starting a family, she says — that's up to the discretion (and comfort level) of the bride.

The closer you get to a wedding date, the more important phone calls become, providing as much detail as possible around the changes, she says.

In the event of a cancellation of the entire wedding, all presents (from the engagement to the bridal shower to the wedding itself) are to be returned — no exceptions, she says.

Above all, however, Blais Comeau preaches understanding: "Yes, (guests) may have incurred some costs, but be patient," she says.

"It can't be easy to cancel a wedding for whatever reason."

ETIQUETTE

If you're a guest that needs to cancel

1. Notify the bridal party ASAP: Weddings hinge on accurate numbers — more so for destination nuptials, which have extra activities ahead of the ceremony.

2. Provide a reason: Give as much detail as you feel comfortable.

3. A present is still required: Even if you've incurred some expenses, there is still an expectation to send a gift.



It can't be easy to cancel a wedding for whatever reason.

Etiquette expert Julie Blais Comeau on understanding in cancellations



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Getting people to eat better with pseudo science

TRENDS

Alkaline diet full of veggies, but it won't help fight cancer

Supermodel Elle Macpherson is often described as "The Body," a nickname given to her by Time Magazine in 1989.

Over the years, she has also used The Body in her off-runway business ventures. Now Macpherson and The Body are selling the alkaline diet, the latest celebrity fad promising to revolutionize your life.

Three years ago, a nutritionist told Macpherson, 52, she was "too acidic" so she stopped eating red meat. "She also gave me this green powder to drink," Macpherson told The New York Times in May. Thus began her alkaline evangelizing. She is now selling, through her company WelleCo, something called The Super Elixir Alkalizing Greens.

Kate Hudson and Gwyneth Paltrow are other celebs who swear their alkaline diets, not their genes, keep them in perfect condition. Football star Tom Brady claims to eat an 80 per cent alkaline diet.

An alkaline diet is sugar-free,

gluten-free, dairy-free, meat-free plan that shuns alcohol, caffeine and processed foods. Human blood is naturally slightly alkaline, with a pH of around 7.4, and the human body's systems work to maintain a very small range. The "pee-strip diet" is based on the idea that the pH of urine, which does fluctuate slightly, can indicate alkalinity or acidity because the kidneys are involved in maintaining the acid-base balance.

Chia, kale and coconut oil are on the rather limited menu, which emphasizes a plant-based diet and a lot of green juice. Protein comes from seeds, pulses and nuts. Tofu and eggs are sometimes allowed.

It all sounds healthy, but the alkaline diet needs a bit of debunking, says Timothy Caulfield, Canada research chair in health law and policy at the University of Alberta. His last book wondered if Gwyneth Paltrow Wrong About Everything? "It is still an evidence-free approach. Is it OK to use pseudo-science to trick people into eating better?"

Caulfield has heard "mutterings" about the alkaline diet for years, but it's recently taken off, he says, in part due to celebrity endorsements and the "science-y" feel of the pH jargon.

The diet does nudge follow-

ers toward healthier foods, and the alkaline "twist" helps drive the trend, Caulfield says. The diet is so strict most people will lose weight at first, but is near-impossible to maintain over a long time.

In her introduction to Alkaline Cleanse: 100 Recipes to Cleanse and Nourish, released in May, U.K. author Natasha Corrett likens an alkaline diet to a cure-all: for better skin, weight loss, strong hair and nails, even curing her polycystic ovaries. An acidic body, on the other hand, is blamed for "everyday discomforts" like bloating, exhaustion and dry skin, as well as cancer, diabetes and heart disease.

Corrett laments the fact that this plant-based diet "is not recognized by the medical industry, perhaps because giant pharmaceutical organizations wouldn't be able to make money out of doctors prescribing vegetables."

The belief that an alkaline diet can affect cancer cells has prompted the Canadian Cancer Society to weigh in.

"Some people believe that this type of diet will help you lose weight, increase your energy and reduce your risk of heart disease and cancer," the agency posted on its website. "However, there is no evidence to support any of these claims." TORSTAR NEWS SERVICE



Supermodel Elle 'The Body' Macpherson is one of several celebs who swear by the Alkaline diet, which is sugar-free, gluten-free, dairy-free, meat-free and shuns alcohol, caffeine and processed foods. GETTY IMAGES

RESEARCH

More swiping, less slumbering taking a toll on our youth



Almost a third of Canadian school-aged kids are sleep-deprived while about a third of adolescents have a hard time staying awake during the day. KATHY WILLEMS/THE CANADIAN PRESS

Almost a third of Canadian school-aged kids are sleep-deprived while most are spending too much time staring at screens, suggests an annual report on children's health.

For the first time, the ParticipAction Report Card on Physical Activity for Children and Youth looked at the amount and quality of children's sleep, and found that many are not getting enough shut-eye.

The problem seems to be too little exercise and too much screen time — a double whammy that means kids "aren't moving enough to be tired, and they may also be too tired to move," according to the study.

"Because of screens in their bedroom, because of holding their cellphone under their pillow, because they didn't move very much in that day and frankly are not fatigued, (kids) get a disrupted night's sleep," says Dr. Mark Tremblay, lead

researcher for the ParticipAction Report Card.

"(They) wake up somewhat fatigued, withdraw from physical activity a little bit the next day, slouch around more and then of course are not physically tired the next night. They have another bad night's sleep, and so on."

For the fourth year in a row, the report card handed out a D- for overall physical activity, based on findings that only nine per cent of kids aged five to 17 get the recommended minimum of 60 minutes of "heart-pumping activity" a day.

The worst grade was an F for sedentary behaviour, with only 24 per cent of five- to 17-year-olds coming under the recommended daily maximum of two hours of recreational screen time.

High school students spent an average of 8.2 hours in front of a screen, according to the report.

Kids did get a relatively high grade for sleep, earning a B, even though about one in three aren't getting enough rest. Tremblay says he suspects the grade should be much lower, since sleep data was provided by parents instead of being determined by an objective monitoring device.

Tremblay, also director of an obesity research group at the Children's Hospital of Eastern Ontario Research Institute in Ottawa, says the effects of chronic sleep loss can be devastating, since it is linked to higher rates of depression and suicidal thoughts.

Too little sleep can also cause hyperactivity, obesity and difficulty in problem solving.

"It is not unrelated to the issues that are going on in Woodstock right now and the mental health issues that are going on there," says Tremblay, referring to a recent spate of suicides in

that southwestern Ontario town involving five people under the age of 20.

"I don't know the circumstances in Woodstock but we deal with these at the hospital in Ottawa here.... It seems to me highly unlikely that they are unrelated to a disconnect with nature, the outdoors, society, movement, good sleep and an excessive connection with flashing screens, with how many 'thumbs up' in your Facebook page and these sorts of things."

For the first time, this year's report card analyzes the whole day, and that provides a clearer picture of healthy activity, says ParticipAction president Elio Antunes.

A child who meets their minimum daily exercise goals can still be unhealthy if they also dive into a TV marathon or play video games into the wee hours of the morning, say the researchers. THE CANADIAN PRESS

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Health **metro**LIFE

Time to walk the plank, matey

YOGA

Get ship-shape with challenge for your core

YuMee Chung
Torstar News Service

Ahoy! We recently boarded a rogue pirate ship to execute a Yoga Tune Up sequence called Walk the Plank.

It stabilizes and strengthens your shoulder-core. To get it right, imagine a scallywag has set a tankard of grog on your upper back. Move with great care as if even the smallest spill would bring dire consequences.

1. Starting in plank position, stack your shoulders over wrists and bring the body, neck and head in a straight line, like a two-by-four.

2. Step your right foot up to the pinky side of the right hand — doing your best to keep the upper body very still — and step that same foot back to plank.
3. Next, step your left foot up

HEALTH

Pirates, parrots, poop deck

Thanks to their bright colours and ability to mimic speech, parrots were popular souvenirs on long journeys aboard various seafaring vessels of the past. However, it's unlikely they would have been fixtures on the pirate captains' shoulders, due to their tendency to leave droppings every 10 to 40 minutes.

TORSTAR NEWS SERVICE

beside the left hand and step that foot back.

4. Alternate between right and left sides, challenging yourself to lighten your footfall and pick up speed. Work your way up to 10 rounds.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.



Challenge yourself to build up speed. TORSTAR NEWS SERVICE

ETIQUETTE

The server may be smiling, but they're just not that into you

You go to a bar and are immediately smitten with your bartender. You smile. You engage in some friendly flirtation. A part of you contemplates asking for their number — or giving them yours — but you know where to find them. So instead, you give a good tip, make an exit, all while making a mental note to go back soon.

You think you've got game and that you've come up with the ideal way to seal the deal with this new object of your affection. Unbeknownst to you, this happens to them all the time.

Whether your crush is your bartender, barista or server, by showing up at their place of employment uninvited (and unannounced), you're doing what people in the industry like to call "trapping" them.

"The unfortunate reality on my end is that I'm trapped behind the bar. I can't get away from awkward advances, even if I wanted to," says Damara Huynh, partner and bartender at Camp 4 on Dundas West in Toronto.

Trapping essentially means you're forcing someone in the service industry to spend time with you and talk to you by approaching them in their workplace.

Let's face it; we all know that as well as providing you with your order, they're expected to



Bartender Damara Huynh has received unwanted attention from over friendly patrons. TORSTAR NEWS SERVICE

provide friendly service. And with this, lines get blurred.

"It's tough to have everyone know where you work because they can come and park themselves at the bar, whether I like it or not," says Huynh, who says she experiences trapping often. "If you're that person who constantly comes with no other intention than to hit on me aggressively, I'll become annoyed."

It only gets worse when alcohol is involved. "Many times, there's the most attractive guy

or girl who is actually engaging me and putting their best foot forward. It's cool for about an hour, until they're three or four drinks deep and expose all their insecurities and bad sides," says Huynh, noting she can also feel as if she's taking advantage of their vulnerable state.

"If you've had more than two or three drinks, cut your losses. I know you're tipsy or drunk — and I may regret saying this on record — but at such a point, I have to do nothing but smile

to have you drink, pay and tip more."

A handful of bartenders admitted that a lot of the post-work banter with fellow employees consists of gossip and complaints about trappers.

Aja Sax has been in the industry for 16 years. She recently switched from bartending to serving, partially because she can walk away from a table.

"What starts off as a little connection or a shared joke becomes an awkward and strained inter-

DON'T TRAP!

How to ask the server out in a non-trapping way

So what do you do if you have a thing for a server but you don't want them to feel trapped? Dr. Jenn Mann, host on VHI's *Couples Therapy* with Dr. Jenn says to make your intentions known. "You need to see if they are genuinely interested in you and, if not, you need to step back." Make it clear you're interested in going on a date, then give them your number, connect on social media before you leave or let them know the places you frequent. Then, let them decide. "Regardless of the format, you want to put the ball in their court. If they're interested, they're going to pursue it. If not, let it go," says Mann.

action that we cannot escape from," says Sax. "There needs to be an understanding that I'm working. Unless I invite you out for drinks, our relationship is professional."

She also stresses the difference between regulars (who are there for the staff, but also the food/drink/location/ambiance) versus

the "stalker" types.

"There are people sitting at the bar that like you but are there for the food or the wine list or because it's in the hood. Their relationship with you is secondary and they will continue to frequent the establishment after you leave — but the stalker will go where you go."

But not all in the industry think having admirers is a bad thing. Marc Baglio, owner and bartender at Pinkerton's on Gerard St. E., sees it as harmless.

"Even if I'm off-put by it or not into it, I think it's much better than having an impolite or aggressive customer," he says, admitting it's flattering and can help the time go by.

So how do those in the industry handle the advances? For them, it comes down to setting boundaries. "If I'm really not interested and someone is becoming more pushy, I'll get very busy bartending, submersing myself in work and will do my best to keep our interactions short and sweet," says Baglio, adding for him it's best to not hurt anyone's feelings and instead draw boundaries that hopefully the guest will pick up on. "I'd rather go that approach than having to say, 'I'm not interested in you and because I'm working here, I can't escape you.'"

TORSTAR NEWS SERVICE

FILM

Yelchin SUV was part of recall

The SUV that rolled down a driveway and killed Star Trek actor Anton Yelchin was being recalled because the gear shifters have confused drivers, causing the vehicles to roll away unexpectedly, government records show.

Yelchin, 27, a rising actor best known for playing Chekov in the rebooted series, died Sunday after his 2015 Jeep Grand Cherokee pinned him against a mailbox pillar and security fence at his home, Los Angeles police said.

The 2015 model-year Grand Cherokees were part of a global recall of 1.1 million vehicles announced by Fiat Chrysler in April. National Highway Traffic Safety Administration records show. The recall was urged after complaints from drivers who had trouble telling if they had put the automatic transmissions in park. If they were not in park and a driver left the vehicle, it could roll away.

Fiat Chrysler, which makes Jeeps, said in a statement Monday that it was investigating and it was premature to speculate on the cause of the crash. It offered sympathies to Yelchin's friends and family.

Investigators were looking into the position of Yelchin's



Star Trek actor Anton Yelchin. THE ASSOCIATED PRESS

gear shift at the time of the accident, Officer Jane Kim said. The actor had gotten out of the vehicle momentarily, but police didn't say why he was behind it when it started rolling.

Yelchin's friends found him after he failed to show up for an audition early Sunday.

Coroner's officials ruled Yelchin's death an accident after an autopsy. The results of any toxicology tests would not be known for months, coroner spokesman Ed Winter said.

Yelchin's death tragically cut short the promising career of an actor whom audiences were still getting to know and who had great artistic ambition. Star Trek Beyond, the third film in the series, comes out in July.

Director J.J. Abrams, who cast Yelchin in the franchise, wrote that he was "brilliant ... kind, and supremely talented." His death was felt throughout the industry.

"What a rare and beautiful soul with his unstoppable passion for life," said Jodie Foster, whose 2011 film The Beaver co-starred Yelchin. "He was equal parts serious thinker and the most fun little brother you could ever dream of."

"He was a ferocious movie buff who put us all to shame," said Gabe Klinger, who directed Yelchin in the upcoming film Porto, likely to be released this fall. "He was watching four or five movies every night."

Yelchin began acting as a child, taking small roles in independent films and various television shows, such as ER, The Practice, and Curb Your Enthusiasm. His breakout big-screen role came opposite Anthony Hopkins in 2001's Hearts in Atlantis.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Comedy that's frisky, female — and funny

THE SHOW: Baroness von Sketch Show, Season 1, Episode 2
THE MOMENT: The nude locker room



Baroness von Sketch Show takes us to places that we don't normally go. THE CANADIAN PRESS/HANDOUT

"Happy 40th birthday!" a gym attendant greets a patron. The attendant leads the patron past her usual locker to a special room, filled with women of all shapes: stark naked. "I'm not comfortable with that much nudity!" the patron protests. "Aren't you?" the attendant asks. The patron looks down. Her clothes have disappeared. "I am!" she cries. "But how?"

"Welcome to your 40s," the attendant says. "Welcome to not giving a s— at the gym."

The other women cluster around, greeting her. "In five years you'll be giving unsolicited life advice to perfect strangers," one says.

"The mental space that's freed up by not giving a s—, it's delicious," says another.

"Modesty is for them," a woman says, gesturing to two 20-somethings in towels.

"You're in a better space now."

Is there such a thing as gender in comedy? Should there be? The four comedians who write and headline this series — Carolyn Taylor, Meredith MacNeill, Aurora Browne and Jennifer Whalen — aren't doing bits only for women or that only women can get.

But they do take us into places we don't typically go and explore them from points of view (women in a boardroom)

we don't normally hear. Is that because they're women? I think so. Sue me.

The only question that ultimately matters, however, is the easiest one to answer: Is this show funny? Very.

Baroness von Sketch Show airs Tuesdays, 9:30 p.m. on CBC.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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RELATIONSHIPS

What we can learn from a Grade 8 love contract

Terms and conditions

- You cannot talk hoers.
- You have to talk to me all the time.
- You have to give me a lot of hugs.
- You have to buy me food.
- You can't break my heart because if you break my heart I will break your face.
- You can't break up with me I break up with you. If we have problems we will resolve them.
- You can't hug those hoers.
- You can't bump those hoers that's it.
- You can't be looking at those hoers.

I agree with these terms and conditions

The grade 8 contract that went viral earlier this month.

CONTRIBUTED

Puppy love has never had so much bite — or this many provisions. “You can’t hug these hoers,” reads an apparent relationship contract between two 8th graders that went viral online earlier this month. “You have to buy me food,” reads another stipulation. And: “You can’t break my heart because if you break my heart I will break your face.”

Twitter user @maxlinsky posted the photo June 10, writing that the paper was found on the floor after class in a middle school. Oh, and “(He signed it).”

Though the nine-clause contract may sound extreme — “You can’t break up with me I break up with you” — some relationship experts say there’s actually a lot that adult couples can glean from the Grade 8 legalese in the young lovers’ contract: lessons about respect, communication, finances, conflict, intimacy and infidelity.

“I think it’s actually super smart. This is a confident little girl who knows exactly what she wants and wants to protect herself,” says Toronto psychologist and relationship expert Nicole McCance, who hasn’t worked with any of her clients on a contract quite like this. She does know couples who have written more generalized “relationship visions”, in which they agree on mutual goals for the relationship.

Written or not, communication about what each person expects from the other is key in any relationship, agrees Toronto couples counsellor Kimberly Moffit.

While comical and arguably extreme, the guidelines and expectations set out by the unnamed 8th grader serve as a good starting point for adult couples

who can learn something from each of the nine conditions, say Moffit and McCance.

Here, a few points are addressed by experts trying to decipher the middle-school logic.

“You cannot talk hoers.”

“It sounds like talking about women in a disrespectful way is something that that person doesn’t want,” says Moffit. “Outlining your expectations about the kinds of respect you want to be treated with in the relationship is important.” If one person is uncomfortable with their partner talking to other people, it should be discussed. “Don’t invest more time with other women than you would your partner,” says McCance.

“You have to talk to me all the time.”

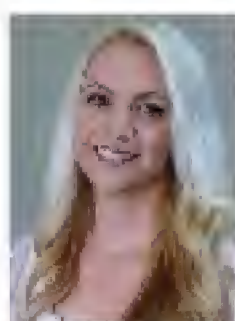
“Make communication with your partner a priority,” says McCance.

It is important for couples to discuss how often they will be in contact, agrees Moffit. Communication in the digital age has complicated relationships. “I can’t even tell you the number of times I’ve worked with people who get upset their partner hasn’t responded to a text,” she says.

“You have to give me a lot of hugs.”

This 8th-grader condition clearly addresses intimacy. “Talking about how often you need and want intimacy and talking about what your partner expects in that department is important,” says Moffit. “You don’t have to do this on day one, but at some point figure out what the happy balance is between the two of you.”

TORSTAR NEWS SERVICE



“The most successful couples set clear guidelines and expectations.”

Couples counsellor Kimberly Moffit

Would you Say No To This student production?



Students at Wexford Collegiate School for the Arts in Scarborough, Ont., perform a musical number from the Tony-winning Broadway hit *Hamilton* earlier this month. After posting three numbers from the musical on YouTube, they were issued a takedown request from the *Hamilton* PR team. MICHAEL ROBINSON

MEDIA LAW

School's ode to Hamilton runs afoul of Copyright Act

Genna Buck
Metro Canada



Lawyer Bill Northcote has a message for the high school students and teachers in Scarborough, Ont. who staged three numbers from the hit Broadway musical *Hamilton*, only to have them removed from YouTube:

Be willing to wait for it.

The musical — a hip-hop retelling of the life of founding father Alexander Hamilton — is not yet licensed for amateurs.

Reproducing it is infringement under the Copyright Act, said Northcote, chair of business law at Shibley Righton LLP in Toronto.

And it doesn't matter that the play is American. The rules are essentially the same.

The singing, rapping and dancing chops of students from Wexford Collegiate School for the Arts earned accolades from around the Internet before the videos were taken down at the request

of *Hamilton*'s PR rep Thursday.

Although a takedown request or cease-and-desist letter usually does the trick in cases like this, the copyright owners could be within their rights to get a court order preventing the school from performing *Hamilton* any more and could seek damages (monetary compensation) for its unauthorized use, Northcote said.

That is, unless the Wexford kids could successfully argue they qualify for an exception.

One way would be through fair dealing: Copyrighted works may be used for research, private study, education, parody or satire.

Just how much copying is fair is defined case-by-case. Even a cover of a single song can be infringement, and “reproduction of the whole work is certainly not fair,” in the case of a musical, Northcote said.

There's also a special exception for performances at schools.

But the show has to be primarily by students, for an audience of mainly students and teachers, on school property and not put on for profit. That's why lip-syncing to the Spice Girls at your school talent show is OK.

But Wexford students performed for the media and posted recordings to YouTube.

The more people see a gifted work, the higher the damages

could be, Northcote explained.

Their rendition of the song *Right Hand Man* had 21,000 views.

Students and teachers wanted their “love letter” to *Hamilton* to catch the attention of its cast, the school's artistic director Ann Merriam told Torstar News Service.

But they hoped it would be in a positive way.

Lin-Manuel Miranda, who wrote *Hamilton* and stars in the title role, often applauds and shares covers and tributes on social media, and says he's read all the *Hamilton* fan fiction online, from “the cuddliest to the filthiest.”

That's not the same as waiving intellectual property rights, Northcote explained, but could encourage “a false sense of comfort that he won't mind.”

It's reasonable to hold off on allowing amateur productions, he added, especially while *Hamilton* is still booming on Broadway. It's part of the creators' rights to cash in on the time and effort

PRICEY PROSPECT

The cost of reproductions

Staging a play at school can get pricey. For example, *Hamilton* composer Lin-Manuel Miranda's 2008 musical *In the Heights* would cost \$1,700 to stage if the school wanted to do three shows for an audience of 150 at a ticket price of \$10. That's according to R&H Theatricals, which licenses the musical to amateurs.

they put into making it.

U.S. and international tours of *Hamilton* are planned into 2018 and beyond. So it will likely be years before it's heard at high schools. Current secondary students — young, scrappy, hungry and *Hamilton*-crazy as they are — may not get their shot at it.

WITH FILES FROM TORSTAR NEWS SERVICE



Copyright is really complex because technologically, the world has changed so much.

Bill Northcote, chair of business law, Shibley Righton LLP

Festival aims to increase awareness

FREE AT THE FORKS

Survey shows many are still in the dark on Aboriginals

Will McGuirk

On June 21, the Summer Solstice, Canadians will celebrate National Aboriginal Day even as many non-Aboriginals remain in the dark about First Nations, Inuit and Metis.

A recent survey by the Environics Institute and the National Centre for Truth and Reconciliation found only about 40 per cent of non-Aboriginal Canadians knew of the Truth and Reconciliation Commission but 70 per cent of participants were aware of the residential school system.

That increase in awareness is reason enough for award winning artist and activist Buffy Sainte-Marie to celebrate and headline a free fes-

tival at The Forks on June 25. "The good news about the bad news is that more people understand now," says Sainte-Marie from her home in Hawaii. "More people are aware now of what happened, and aware of the implications of what happened in the past to natives, aboriginal peoples. What I am celebrating is more people know now than knew 50 years ago when I was first talking about boarding schools and genocide."

Buffy's special guests at the Forks will be the Winnipeg Symphony Orchestra and conductor Alexander Mickelthwate. It may shock purists of either tradition but reconciliation takes many forms.

"It might surprise an audience who thinks of me as a lesser musician, as a pop musician and they might think of orchestral music, in particular European classical music as being a higher type of music. I don't rank any kind of music. I truly adore orchestral music. I was the little girl who lay down on the floor with my mother's

+ MASSEY HALL

Buffy Sainte-Marie will be talking about residential schools and genocide at the AGO Creative Minds Art and Social Justice event at Massey Hall in Toronto Sept. 20. This event will be livestreamed on CBC.ca.

vacuum pipes in my ears attached to the record player while I listened to Tchaikovsky, headphones before we had them," she says.

Buffy Sainte-Marie listened to European music even as the Europeans had taken away the voice of her people. It's ironic, Sainte-Marie knows, but to reconcile truthfully people need to listen to each other. And when they do there's no end of reasons to celebrate.

Sainte-Marie says Canadians can further celebrate the resonance the T.R.C. has in the United States and internationally, and the spotlight it puts on indigenous issues worldwide.



Award winning artist and activist Buffy Sainte-Marie. CHRIS YOUNG/THE CANADIAN PRESS

The relationships with governments

Native Canadian artist and activist Buffy Sainte-Marie says First Nations peoples have many reasons to be optimistic about their future and their ongoing relationships with governments, both provincial and federal, here in Canada and in the United States.

Here's two reasons

Idle No More

"Idle No More has remained a grassroots organization as opposed to some parliamentary club with its hierarchical management system. It still remains a grassroots movement... it hasn't been turned into a little club. There is so much good work left to be done in Aboriginal issues, but just the idea that attention is being paid (to them) right now, with the change in government, that's positive. The further implication is that enough people voted for that government. It is indicative that maybe we can make things better."

The Doctrine of Discovery: Unmasking the Domina-



Idle No More remains a grassroots organization. IDLENOMORE.CA

tion Code

Director Sheldon Wolfchild
38plus2productions.com

"The Doctrine of Discovery is several bulletins from the popes of the 1400s and 1600s. It is actually written down that if explorers come across inhabited lands their duty is to kill or enslave anybody who is not Christian. This became legal in England, France, Holland, Spain, Portugal and con-

sequently into the colonies like Canada and the US. That's coming to light right now and I narrated a film and one of the filmmakers met with Pope Francis. We are asking them to rescind those papal bulls."

Further information on these and other issues can be found at the Indian Country Today website: indiancountry-todaymedianetwork.com

WILL MCGUIRK

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LEARNING CURVE

Spend your summer wisely

High school is over and, with it, an intense feeling of freedom. A summer filled with possibility awaits as you prepare to embrace independence and step into adulthood. College or university is waiting at the summer's end and maybe isn't at the forefront of your mind right now but to properly prepare yourself for the post-secondary experience, it doesn't hurt to lay down some ground work. These foundations will ensure your passage to post secondary is a bit smoother. First off, forget about high school. College and university is so much bigger, diverse, interesting and easy going.

Next up, getting a part-time job is a smart move. Not only will it allow you to pay off student loans as they build but the money will come in handy for day-to-day campus life, socializing and hobbies. Shane LeBlanc, career programming co-ordinator at Dalhousie University in Halifax, believes getting a job related to what you are studying is a wise step forward.

"Focus on finding meaningful employment

over the summer," says LeBlanc. "That way you can have something that is both rewarding and helps you in your eventual career goals. Not only that but it will provide you with the necessary funds to help pay for your education."

Cherry picking the right societies and clubs prior to your first day is also recommended.

Whether it's topping up your education or simply recreation, the societies you choose may shape your social life in post secondary and your future career. Spending the summer mulling over your choice is not a bad idea.

Other things that can help are laying out a financial plan and learning how to cook. However uncool it may seem, keeping a budget will save you money that can go to chipping away at the inevitable debt that will accumulate for most.

Cooking is vital for those of you leaving the nest. It's a good life skill in general, especially for the newly-independent person. The added bonus of learning to cook is more money saved



SHOCK

which in turn is less college debt to pay.

Lastly, try to get ahead in your reading course material and in the run up to your first day make yourself known on social media and

maybe interact with your future classmates. Most of all enjoy it for the unique, developmental and memorable experience that it is.

— Eoin Weldon



CONTRIBUTED

Find purpose in your career as an addictions worker

When individuals suffering with addiction are looking for help, it's crucial for them to get the support they need.

They need an addictions and community services worker to help them find the health, career and personal resources they need to get back on track.

The career of an addictions and community services worker can be incredibly rewarding. Using your knowledge and understanding of people, you'll develop trust and help individuals in need find solutions in their lives.

You'll need to bring many interesting

skills to bear in your work. These include an understanding of ethics, interviewing techniques, indigenous culture, youth issues, human psychology, pharmacology, relapse prevention and intervention.

You'll also have the opportunity to develop essential skills in leadership, broaden your understanding of communications techniques, and sharpen your organizational skills.

Your career could take you many different places too, whether you're interested in working at a drug treatment and rehabilitation centre, group home, community mental health centre,

correctional facility, or a facility for physically and developmentally handicapped individuals.

If you're interested in starting a career in this immensely rewarding field, CDI College's Addictions and Community Services Worker diploma program is a great place to start. It will help you develop the skills and practical experience you'll need, including a community placement to help you develop first-hand experience.

For more information on CDI College's Addictions and Community Services Worker Program, call 1-800-360-7186 or visit the website: study.cdicollege.ca.

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Robertson College offers the opportunity to those looking to get into the workforce or change their career in a shorter period of time than traditional college or university.

"Students don't need to go to school for two, three or four years as they are trained and ready to start their new career in under a year with Robertson College," says Geoff Nevin, director of marketing for Robertson College.

"Robertson College attracts a variety of different individuals, including those who are looking for a new career, re-entering the workforce, new immigrants getting their diploma so they can continue their career in Canada, continuing education and

many others."

At Robertson College short-term diploma programs that are aligned with demands in the marketplace from employers to get people trained quickly and working in under a year.

"Whether you are unemployed and looking for work or in a job or career but not satisfied, we can help you change your life by giving you the training you require in a short period of time and get you prepared and in front of the top employers who are looking to hire," says Nevin.

Robertson College also works with top employers and industry leaders, as well as perform independent research, to ensure that all programs align with what the market is looking for from graduates and potential employees.

"We also work with the associations in each industry to make sure we are offering the courses within our programs that help prepare our students for the real challenges of the job," says Nevin.

For students past and present, the career



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services team helps students prepare for the real world so they can step right into a new career with Robertson's network of thousands of employers.

"The top employers in Western Canada keep coming back to Robertson asking for more grads as they are impressed with how

job ready our students are," says Nevin.

"We set up practicums for our students with these employers and many are hired immediately upon graduating."

For more information about how to change your life with Robertson College, visit the website: robertsoncollege.com.

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If you're hair obsessed

Hairdressing services are in demand now more than ever, and MITT gets students trained for success

People really care about their hair.

For some, it is a point of pride, passion and sense of self-worth and plays a huge part in sales in the beauty industry.

Through the Hairstyling program at MITT (Manitoba Institute of Trades and Technology), individuals can train to enter into this flourishing and rewarding field.

The MITT Hairstyling program is an accredited program recognized by Manitoba Apprenticeship.

The program has grown over the years from one instructor and 15 students to a staff of three instructors, one teaching assistant, and more than 60 students enrolling every year.

"Due to industry demands, hairstyling



CONTRIBUTED

created an evening full-time program as well," says Mary Elliott, one of three instructors teaching in the MITT Hairstyling program.

"And we are proud to say MITT is known as the "work school" — with more than 80 per cent of graduates gaining successful em-

ployment opportunities in the industry."

Elliott credits the program's success to a full salon facility, a strong curriculum, dedicated staff and many successful graduates who provide referrals to potential students and hire our up and coming new talent.

"The support from industry toward our

program and our students is amazing," says Elliott.

"We have some of the best alumni who really had a great experience with us and now want to pay it forward with mentoring new students and graduates."

To help students get the best real-world working skills, MITT has a state-of-the-art facility at the students' fingertips to fine-tune their skills.

The program houses an approximately 2,000-square-foot salon/classroom with 30 full-service stations and a separate classroom area.

This facility allows students to learn the skills needed for their future careers in a real working salon environment.

This program is offered full-time in both the day and evening.

"The MITT Hairstyling program meets the needs of the service industry by offering the evening program to not only suit the students needs who may be unavailable for the daytime or otherwise committed but also the needs of the clients who require the services done in the later hours of the day," says Elliott.

"It was a great addition to the existing day-time program and continues to grow in popularity over the years with both students and clients."

For more information about this program, visit mitt.ca.



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mitt.ca

MITT hairstyling grad
Reanne Stoesz—now
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Find out how to get a cut above the rest.

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Look to law enforcement for a rewarding career

If you have ever considered a career in law enforcement, now is the time to enrol at the Northwest Law Enforcement Academy, which is conducting interviews for their fall program.

Seats are still available for both the September class (8 a.m. to 1 p.m.) and the October class (1 p.m. to 6 p.m.).

"The opportunities have never been better for applicants," says Bob Mazur, director of admissions at Northwest Law Enforcement Academy, and 35-year veteran with the Winnipeg Police Service.

"Baby boomers are leaving the sector with thousands of vacancies opening up for example in the RCMP, the Ontario Provincial Police, Edmonton and Calgary Police departments among others."

The Academy's training model is unique in that it has experienced retired Winnipeg Police Service, Canadian Border Services, RCMP, Corrections professionals who deliver the courses.

This is key as students learn directly from the people who have extensive knowledge and experience of police operations, homicide,

undercover work, organized and internet crime, and smuggling to name just a few.

Students not only have the opportunity to learn theoretical knowledge but gain practical experience with such subjects as forensics, firearms and police defensive tactics in the Academy's intense 654 hour law, protection and safety diploma program.

The accelerated but demanding program condenses the post-secondary two-year program into eight months.

It is yet another reason people come from all over Canada to get into the foundational program that will prepare them for employment in wide variety of organizations such as the RCMP, Ontario Provincial Police to Winnipeg or Calgary Police Services, First Nations Policing, to federal or provincial Corrections, Canadian Border Services, Sheriff's dept., City of Winnipeg by-laws to private security firms, or loss prevention officers for commercial operations employers like Loblaws, Superstore and Shoppers Drug Mart.

The opportunities are terrific for the person



CONTRIBUTED

who possess integrity, are motivated and self-disciplined.

"The wages and benefits are attractive for law enforcement but that can't be the sole reason a person chooses the career," says Herb Stephen, former police chief of Winnipeg and

founder of the Academy.

"The competition is intense among applicants and you have to ask yourself what makes you think you would be employable."

To register, call 204-953-8300, or visit the website, northwestlaw.ca.

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Established journalist pivots career with PACE

Successful in broadcast and print media, Priscilla Rios transitions into PR, landing a job before graduation

Before Priscilla Rios enrolled in the Marketing, Public Relations, and Strategic Communication Program at the University of Winnipeg's Professional, Applied and Continuing Education (PACE), she had made a name for herself as a successful journalist in both print and TV in Brazil.

With over 10 years of experience and working as an editor-in-chief for part of her career, the Marketing, Public Relations, and Strategic Communication Program at PACE naturally complemented her experience as a journalist.

While she was looking for a program that would be a great fit for her already established skills and experience, she was also looking for a program that would help her to get out into the workforce in Winnipeg faster.

"PACE was a perfect fit due to its length and its high quality of education," says Rios.

"When I signed up for the program I knew I would return to the market quickly."

For Rios, the ability to complete the program in one-year was a big selling point because it allowed her to seek out job opportunities sooner than if she had chosen a degree program from another institution.

Now Rios is successfully employed as a marketing coordinator for Aramark Canada in Winnipeg — which she credits PACE for providing her with the knowledge she needed to start her career in this dynamic field.

"I got a job in my area of study three weeks before I finished the program," says Rios.

Aside from the length of the program, Rios says the instructors were another reason she enjoyed the program.

"The PACE program has a great team of instructors," she says.

"They are willing to go an extra mile for you if they see you are taking the program seriously, and that support is priceless."

She says that her time at PACE was extremely rewarding and would recommend the program to others who are looking to enter into this field of work.

"It has been a great journey," says Rios.

For more information about the Marketing, Public Relations, and Strategic Communication Program at PACE, visit the website pace.uwinnipegcourses.ca.

PACE.UWINNIPEG.CA

Lots of options for massage therapy students

Businesses seek Wellington grads for their assessment and treatment practices

The time is right for those considering entering into a career as a massage therapist — especially for those who are interested in enrolling at Wellington College.

The demand for massage therapists is greater than the supply, and many businesses are looking specifically for graduates of Wellington College because of the reputation that precedes them.

"Employers in the massage therapy field know that Wellington graduates possess a fantastic knowledge of assessment and treatment and are leaders in the field," says Brie Timings, associate director, Wellington College.

"This is due to the demand of the field, our standards of education, and also because our students are required to complete a three-week practicum at a clinic of their choice in the month before graduation."

Timings says after spending this time job shadowing and getting valuable experience,



ISTOCK

many of them are hired on at their practicum clinics.

"Better yet, some students own their own practice right out of graduation or find an even better fit for their passion in massage therapy," says Timings.

Wellington College offers two delivery options for individuals who are looking to train towards a career in massage therapy: the two-year, full-time program, and the three-year distance education program.

The full-time program will have you work-

ing in a fantastic career you'll love in two years.

"Our program is unique, not only because it exceeds the national standard for massage education of 2,200 hours, but also because we have electives and workshops to fuel your passion in massage therapy," says Timings.

Included in your tuition are two credits for electives and workshops of your choice, based in one of three categories: spa, sports or rehabilitation.

"So whether you know you want to work in a spa, become a sports massage therapist or specialize in the assessment and treatment of the body, we have courses to suit your interests," says Timings.

You can also take courses in all three categories to become a well-rounded and versatile therapist.

The next intake for the two-year, full-time program is Aug. 15.

The next intake for the three-year, distance education program has already begun for this year.

Both programs only offer one intake per year. For more information, contact 204-957-2402, or visit wellingtoncollege.com.

Wellington
COLLEGE

your future is in your hands

call 204.809.9985

or visit www.wellingtoncollege.com

Lots of opportunity in the insurance industry

Whether we know it or not, insurance plays a part in almost everything we do in life and in business.

As with many Red River College programs, the general insurance program evolved from the needs of the industry.

"With over 120,000 people in the property and casualty insurance industry in Canada and an estimated 25,000 employees set to retire by 2022, there is an immediate demand for trained professionals," says Margaret Braid, program manager for the Applied Arts and Communications portfolio for the School of Continuing Education at Red River College.

In fact, the need is so great that a Speed Networking and Recruitment event was held on June 2 at the Red River College Princess Street campus with participation from The Co-operators, Western Financial Services, Intact Insurance, Wawanesa Mutual, AON Reed Stenhouse, Northbridge General Insurance and Wynward Insurance.

Students had the opportunity to meet with potential employers to present their resumes and learn about employment possibilities.

The General Insurance Program is also supported by an advisory committee with representation from Manitoba Public Insurance, Wawanesa, Red River Mutual, AON, and Intact.

The eleven month program includes eight credits towards the Chartered Insurance Professional (CIP) designation.

The General Insurance Program strives to introduce the students to professionals in different areas of the industry through job shadowing, conferences, and industry presentations.

Actuary, appraiser, broker/agent, claims investigator, loss adjuster, loss control specialist, marketing representative, risk manager and underwriter are some of the careers graduates from the General Insurance Program will qualify for at the end of their general insurance program.



ISTOCK

Braid says no matter what your personal interests are, there is a place for you in today's insurance field.

"Our students are in demand — I get calls from insurance companies every week asking if we have potential employ-

ees available," says Braid.

"Our grads should have no problem getting jobs."

The next full-time class begins Aug. 15, 2016.

For more information, visit rrc.ca/gic.



General Insurance Certificate Program

Acquire the essential business skills to enhance your employment opportunities in the insurance industry.

Gain the basic skills required for property and casualty insurance sales, claim adjusting, underwriting, and risk management. This program is offered in conjunction with the Insurance Institute of Manitoba.

Start your training in August 2016; be work-ready in eleven months.

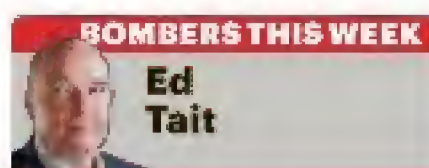
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At the intersection of talk and tackling history



BOMBERS THIS WEEK

Ed Tait

The curtain is about to lift on another Canadian Football League season this week and — to quote the late, great Yogi Berra — for some Winnipeg Blue Bombers fans, it must feel “like déjà vu all over again.”

So let's begin this with some history. And if you've been following the travails of this football team over the last quarter century, that's a bit like ripping the bandages off a festering wound.

Yes, the Bombers last won a Grey Cup waaay back in 1990. Brian Mulroney was the prime minister, Gary Filmon the premier of Manitoba, the Edmonton Oilers were Stanley Cup champs, Vanilla Ice had a No. 1 hit with Ice Ice Baby and Doug Flutie was a first-year CFLer with the B.C. Lions.

Since then the Bombers are 0-5 in Grey Cups with losses in 1992, 1993, 2001, 2007 and 2011. Over that span Toronto and Calgary each have five titles, B.C. and Edmonton have four apiece, Montreal three, Saskatch-

ewan two, and Hamilton and even the now-defunct Baltimore Stallions have captured one championship each.

Now, all this isn't an attempt to jab a giant pin in all the party balloons being pumped up for this Friday's season opener at Investors Group Field against the Montreal Alouettes and the excitement that a Week 1 brings.

In fact, it should be said for the first time in years there is a buzz about this Bombers squad, even if it hasn't played a single down

“

No one is arguing about Grey Cup parade route details, but Winnipeg should be in the playoff discussion.

for real yet. The Bombers were active in free agency, adding the likes of Andrew Harris, Weston Dressler, Ryan Smith, Justin Medlock, Euclid Cummings and Keith Shologan. And the work of the U.S. scouting crew looks to have delivered some diamonds from down south.

Of course, you'll be hearing/reading/seeing the same take all across the CFL map this week.

Let's be clear here: no one is arguing about Grey Cup

+ BACKGROUND

A sportswriter for 29 years, Ed Tait is now the Blue Bombers director of content. His columns will appear weekly in Metro. Follow him daily at bluebombers.com.

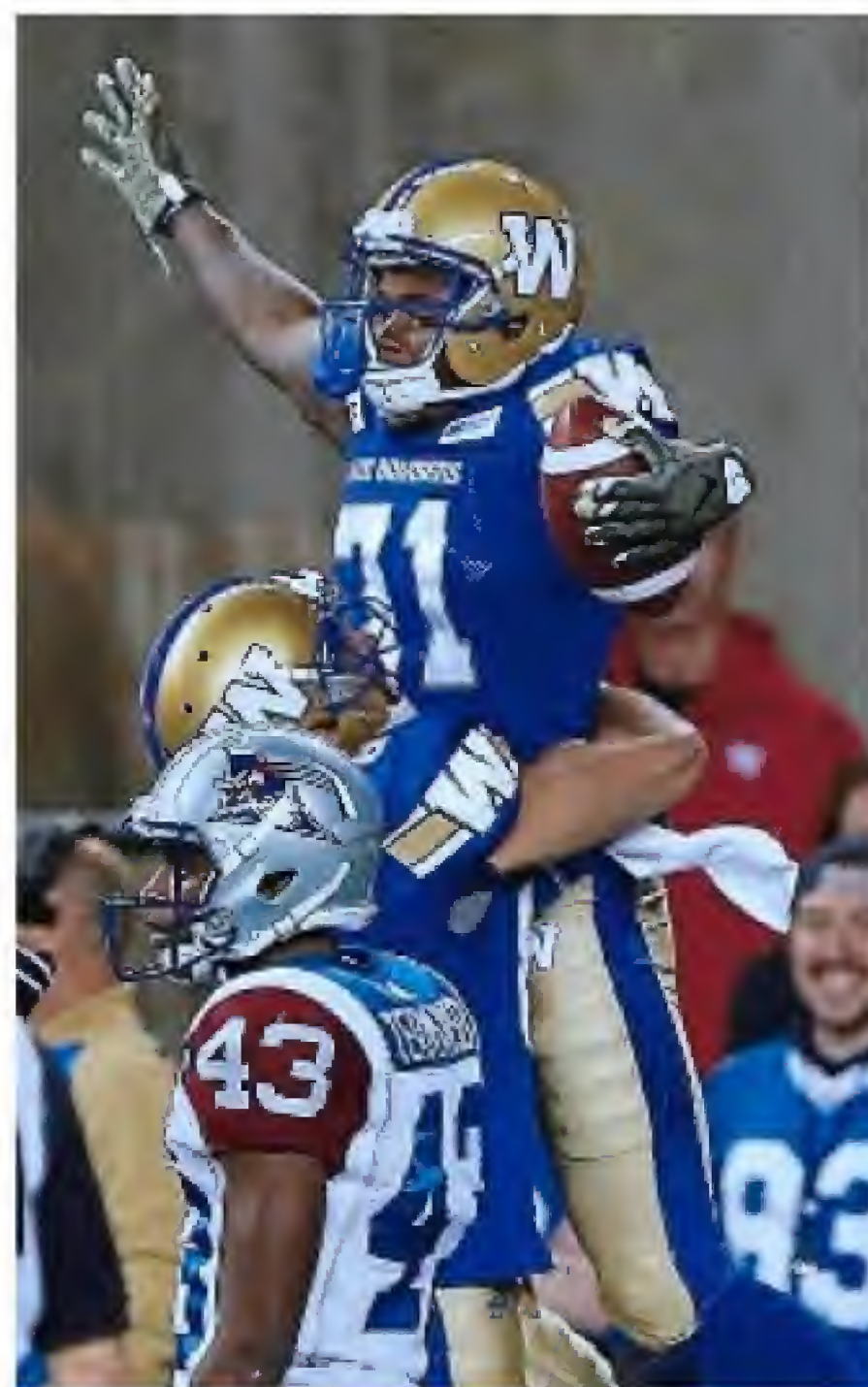
parade route details, but given some of the upheaval in the CFL's West Division — every squad has a new head coach but the Bombers — Winnipeg should be in the playoff discussion.

And given what has unfolded here in the last few years, that'd be a heckuva start. Still, talking

and doing are two different things.

“There's no more talking about it,” conceded veteran defensive back Chris Randle this week. “We've got some new additions in the off-season, the team has built a camaraderie, the coaching staff and everyone is more familiar with each other and our communication is better.”

“We're setting ourselves up to be a great team. Now all we have to do is go out there and be great.”



The Blue Bombers' season gets underway on Friday night when they host Montreal. JOHN WOODS/THE CANADIAN PRESS

NHL

Quebec's wait for new team continues

Sports radio host Vincent Cauchon says he remembers being criticized at a Quebec City convenience store for buying Molson beer products — 20 years after the brewer vetoed plans for the Nordiques to enter the NHL in the late 1970s.

The Molson Brewery, owner of the Montreal Canadiens, didn't want to lose market share to Carling O'Keefe, a rival brewer that owned the World Hockey Association's Quebec Nordiques, Cauchon explained.

“People heard about the veto, there was a large boycott of Molson products,” Cauchon said in an interview at his station, CHOI Radio X. “In the bars it was a real war like people can't imagine. That was the start of the rivalry.”

“

Quebec City is a sure shot like Winnipeg. The love of hockey is close to a mental illness here and the NHL knows that.

Jerome Landry

The 1979 WHA-NHL merger happened in the end after Molson and other team owners reversed their veto, but the Montreal-Quebec City rivalry intensified and still exists more than 20 years after the Nordiques moved to Colorado.

Quebecers will have to wait, however, for the on-ice war to return amid recent reports the NHL has chosen Las Vegas for an expansion franchise and rejected Quebec City. The NHL is expected to make it official this week.

Despite having a new arena — the gleaming white, saucer-shaped Videotron Centre on the outskirts of the city centre — locals will have to be patient, says Jerome Landry, Cauchon's friend and radio host on Energie 98.9.

Landry says Quebec City is a great “plan B” for the NHL, meaning the league knows it can successfully move a struggling franchise to the provincial capital if a current team fails.

THE CANADIAN PRESS

SOCCER

Canada names its 18-woman roster

Christine Sinclair leads a young Canadian soccer squad for the Rio Olympics.

It will be the third Olympics for Sinclair, who captained Canada to a memorable bronze in the 2012 Games in London.

Goalkeeper Sabrina D'Angelo makes the squad despite being sidelined recently with a fractured wrist. But there is no place for Gabrielle Carle, who has been out with a high ankle sprain of late.

The 18-woman roster has a

25.4

The average age of the roster, which includes six veterans from the 2012 Olympics.

combined 1,295 caps with 978 of those belonging to Sinclair (243), Diana Matheson (183), Rhian Wilkinson (175) and Sophie Schmidt (149). THE CANADIAN PRESS

IN BRIEF

Canadian men's rugby team climbs in rankings

Canada has risen one spot in the world rugby rankings to No. 17 after thumping Russia 46-21 in Calgary.

The Canadian men vaulted past the U.S., who slipped to No. 18 in the wake of a 24-20 loss to Italy. Canada hosts the touring Italians, who moved up one spot to No. 13, on Sunday at Toronto's BMO Field.

New Zealand remained No. 1. THE CANADIAN PRESS

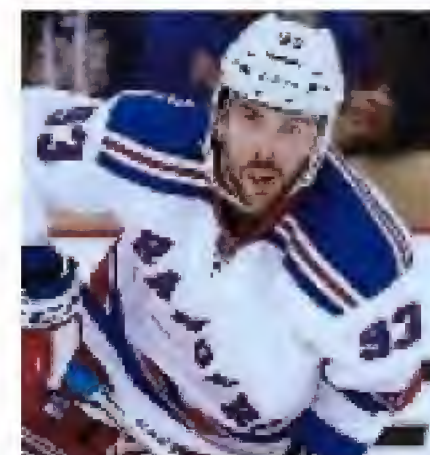
NHL

Florida lands Yandle with sixth-rounder

The New York Rangers have traded the rights to veteran defenceman Keith Yandle to Florida for the Panthers' sixth-round pick in Friday's NHL draft.

The Rangers said Monday they would also receive a fourth-round pick in the 2017 draft if Yandle signs with the Panthers. The 29-year-old Yandle's contract expires on July 1. He made \$5.25 million this season.

THE ASSOCIATED PRESS



Keith Yandle

JUSTIN K. ALLER/GETTY IMAGES

Bale leads Wales in kicking Russia's tail

EURO 2016
GROUP STAGE

Dragons win Group B, England takes second place

Wales advanced to the European Championship's knockout stages as group winner after comprehensively beating Russia 3-0 on Monday.

Goals from Aaron Ramsey, Neil Taylor and Gareth Bale, his third in consecutive games at Euro 2016, ensured that Wales won Group B ahead of England, which could only draw 0-0 with Slovakia.

GROUP B In Toulouse



Ramsey opened the scoring in the 11th minute after a quick counterattack, chipping the ball over the advancing goalkeeper. Taylor doubled the advantage nine minutes later after slotting in a rebound, his first international goal. Bale then made it 3-0 in the 67th minute with an audacious shot that makes him the tournament's leading scorer.

"It's probably the best performance I've been involved in with Wales," said



Wales' Gareth Bale, left, scores past Russia goalkeeper Igor Akinfeev on Monday in Toulouse, France. PETR DAVID JOSEK/THE ASSOCIATED PRESS

Bale. "To top the group, what more can you ask? We said we didn't want to make the numbers up. Well, we can't do any more than win the group."

For Russia, defeat meant its time at Euro 2016 is over and coach Leonid Slutsky gave a major hint that he won't be the man in charge for much longer. The team, which only earned one point in a disappointing campaign, will now focus on the World Cup, which it is hosting

in two years.

"I think after a type of tournament like this, you need someone else to take charge of the national side for major competitions," Slutsky said after the match.

Russia, which needed to win the match to have any chance of progressing, took a more attacking posture at the Stadium de Toulouse. But its attacking forays left space for

Wales to strike on the counter-attack.

OUTSIDERS
The tournament is Wales' first major competition since the 1958 World Cup.

Welsh supporters, in a sea of red around the Stadium de Toulouse, chanted "Don't take us home! Please don't take us home!" during the match. But as the match went on, they confidently chanted "We are top of the league" and now look forward to an encounter in the knockout phase.

"Overall it was a fantastic performance and we topped the group, which no one would have seen coming," Ramsey said. "Now that we're through we want to see how far we can go," Ramsey said. "Anything can happen in the next matches."

THE ASSOCIATED PRESS

MLB

Giants poised for another title run

Overshadowed again in a loaded National League, the San Francisco Giants have taken control of their division with a run that feels awfully familiar.

San Francisco beat Tampa Bay 5-1 on Sunday for its eighth consecutive victory, and the Giants lead the NL West by 6-1/2 games. They've won the World Series in each of the past three even-numbered years, and if they keep playing like this, they'll have every opportunity to do it again.

"It's all about pitching, defense and timely hitting," manager Bruce Bochy said. "It's a pretty simple game really, and that's what's important for us."

The Giants haven't quite kept up with the torrid pace set by the Chicago Cubs, and they don't really have star power to match the Bryce Harper-led Washington Nationals, but San Francisco is a major league-best 27-8 since May 11, the day the Giants began an earlier eight-game winning streak.

San Francisco doesn't have anybody in the NL's top 10 in batting, runs, RBIs or home runs,



Giants ace Madison Bumgarner is 8-2 with a 1.91 earned-run average this season.

LACHLAN CUNNINGHAM/GETTY IMAGES

but the Giants weren't necessarily the favorites when they won their last three World Series titles either. What San Francisco does have is two outstanding starting pitchers at the top of the rotation — Madison Bumgarner is 8-2 with a 1.91 ERA, and Johnny Cueto is 10-1 with a 2.10 ERA.

"When you get on a run like this, usually the pitching is keeping you in the game," Bochy said.

THE ASSOCIATED PRESS

BASEBALL IN BRIEF

D-Backs rattle off 4-game sweep of struggling Phils

Shelby Miller threw 6-2/3 sharp innings, Jake Lamb hit a two-run homer and the Arizona Diamondbacks beat the reeling Philadelphia Phillies 3-1 Monday afternoon to complete a four-game sweep.

Miller (2-6) allowed one run and five hits, striking out five in his first start since May 24. He had been on the disabled list with a sprained right index finger.

The Phillies went winless over a six-game homestand, also losing a pair of games to the Toronto Blue Jays.

THE ASSOCIATED PRESS

Santa Barbara ousts Miami from College World Series

Pinch hitter Ryan Cumberland's two-run single broke a tie and Noah Davis and Kyle Nelson combined to hold down No. 3 national seed Miami's offense in UC Santa Barbara's 5-3 victory in a College World Series elimination game Monday.

The Gauchos kept their first CWS appearance going and will play Wednesday against the loser of Monday night's game between Oklahoma State and Arizona.

The Hurricanes went 0-2 for only the second time in their 25 CWS appearances.

THE ASSOCIATED PRESS



Mike K. Blane, Manager, Metro Location

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RECIPE Pulled Pork Burrito Bowl



PHOTO: MARY VISHNEI

Ceri Marsh & Laura Keogh
For Metro Canada

Directions

1. Preheat the oven to 400. Prepare brown rice according to directions; set aside.

2. In a bowl, toss the sweet potato with 1 Tbsp of the olive oil, the chili powder and salt. Roast sweet potato on a baking sheet for 15 minutes, check and flip; roasting another 10 minutes, or until cubes are tender and golden brown.

3. Cook corn according to directions. In a medium bowl, mix corn, black beans, garlic, the remaining olive oil and lime juice. Stir in the cilantro and season with salt.

4. Assemble bowls with brown rice, roasted sweet potato, tomato, avocado, black bean and corn salsa and leftover pulled pork. Drizzle with crema dressing and sprinkle with fresh cilantro.

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Take last night's pork and whip up an entirely new meal.

Ready in

Prep time: 30 minutes
Cook time: 30 minutes

Ingredients

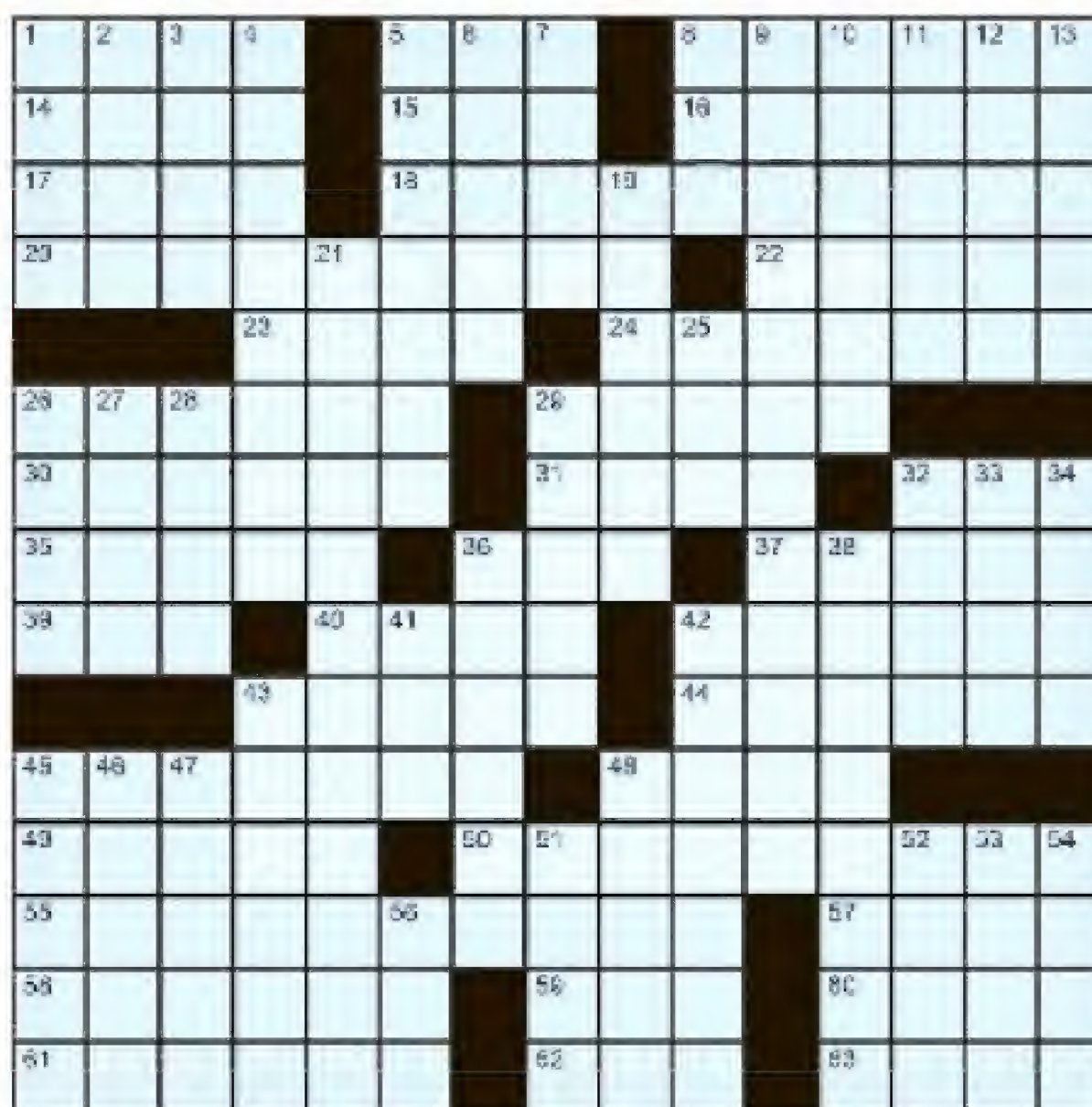
- 2 cups brown rice
- 1 large sweet potato, cubed
- 1/2 tsp chili powder
- 1 1/2 cups leftover pulled pork
- 1 tomato, diced and drizzled with a little olive oil and salt
- 1 avocado, cubed
- 1 bunch cilantro
- 1 1/2 cups frozen sweet corn
- 1 x 16 oz can black beans
- 1/2 red onion, finely chopped
- 1 clove garlic, minced
- 2 Tbsp olive oil
- Juice of one lime
- Handful of chopped cilantro
- 2 cups sour cream
- 1/4 cup lime juice
- 1/4 tsp chili powder

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

ACROSS

1. Milwaukee's state [abbr.]
5. _ Boys (1896 Louisa May Alcott book)
8. Split-causing rift
14. "Eight"-meaning prefix
15. Repeatedly in verse
16. _ Sound, British Columbia
17. Mr. Julia
18. Canadian _ Magazine
20. U-Haul rental: 2 wds.
22. Permeate-y
23. Silk: French
24. Cobie Smulders, for one
26. Innovative
29. " _ & Symphonies" by Canadian band Spoons
30. Alison of Bluegrass
31. Airline to Israel: 2 wds.
32. Zag's counterpart
35. Crooner Mel
36. "Functional" finisher
37. "Strawberry Wine" by _ Carter
39. Prime meridian std.
40. Elvis Presley's father, to pals
42. "Donnie _" (1997)
43. Region's forest trees
44. Traditional observance
45. Baroque composer nicknamed "The Red Priest"



48. Economize
49. Canadian singer Melissa
50. Slooan Lake village in British Columbia: 2 wds.
55. Surety
57. Theatrical try-out target
58. Funeral delivery

59. Ed Sheeran tune
60. Jessica _ (The Honest Company co-founder)
61. Glares
62. Painting's blue part, often
63. Don

DOWN

1. Fish bait
2. Flight-related UN Agcy.
3. R's followers...
4. Hamilton venue formerly Copps _
5. UNESCO World Heritage Site in Nova Scotia,

- _ Fossil Cliffs
6. "The Three Faces _" (1957)
7. Ancient promenade
8. Grad-to-be, briefly
9. Take a road trip, such as the Fundy _
10. Dreamers

11. "...ring _ wed."
12. _ class (Misses the lecture)
13. Famous store in New York
19. So cool, to a skateboarder
21. Archaeological discovery at L'Anse aux Meadows in 1960: 2 wds.
25. "Homeland" org.
26. Subj. at business school
27. Golds, in Barcelona
28. Bar game prop
29. Big name in insurance
32. Ms. Pitts of silent movies (b.1894 - d.1963)
33. Empire of Peru
34. The Ballad of Reading _
36. Alberta hamlet near Medicine Hat
38. Like freshly shucked oysters perhaps: 2 wds.
41. Past time, in past times
42. Mr. Cooper
43. Navy member
45. Voices, in Latin
46. _/_ tray (Office desk item)
47. Andorra la _ (Capital of Andorra)
48. Hilary of Hollywood
51. God of love of ancient Greece
52. Coyote's snack
53. Movie star Idris
54. Back
56. Mr. Pennington of TV home improvement, and namesakes

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today you impress bosses, parents and VIPs. You also might be involved with work-related travel or dealing with people from other cultures and countries.

Taurus April 21 - May 21
Travel for pleasure is on your mind! (You love cruises.) Look for ways to get further training or education by signing up for a class or attending a school.

Gemini May 22 - June 21
This is a good day for a heart-to-heart discussion about inheritances, shared property and anything you own jointly with others. You'll come out smelling like a rose!

Cancer June 22 - July 23
Enjoy the company of partners and close friends, because people feel warmhearted today. In particular, you will enjoy talking to relatives and siblings.

Leo July 24 - Aug. 23
Co-workers are supportive today. At work, others will help you in whatever you are doing. Look for ways to boost your income, because you just might pull this off!

Virgo Aug. 24 - Sept. 23
This is a playful, social day. Accept invitations to party. Enjoy sports events, the arts and schmoozing with others. Fun activities with children also will please you.

Libra Sept. 24 - Oct. 23
This is a good day for important real estate discussions. Family gatherings will be positive and friendly. A spontaneous gathering might take place at your home. (Stock the fridge.)

Scorpio Oct. 24 - Nov. 22
Because you are in such a positive frame of mind today, all your communication with others will be successful. It's a great day for writers, salespeople, actors and teachers.

Sagittarius Nov. 23 - Dec. 21
Business, commerce and cash flow are favored today. Look for ways to expand your income or get a better job, especially if it involves foreign countries or foreign ownership.

Capricorn Dec. 22 - Jan. 20
This is a good day for business for you. It's also a good day to do anything that will promote domestic peace and happiness. You can't lose today!

Aquarius Jan. 21 - Feb. 19
Whatever you do today, you will have a warm feeling in your tummy, because everything is coming together nicely. Nevertheless, you will prefer to work behind the scenes or alone.

Pisces Feb. 20 - March 20
Warm relations with friends and members of groups will help you achieve some goals today. A friend might introduce you to someone who will expand your world.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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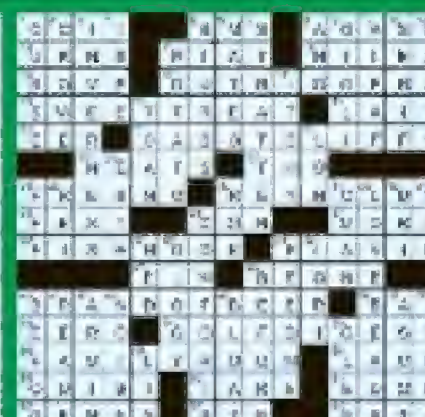
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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to
metronews.ca/games

4	8	6	2	1	9	5	7	3
2	3	7	8	5	6	4	9	1
1	5	9	3	4	7	6	8	2
6	7	8	9	3	1	2	5	4
5	9	1	6	2	4	7	3	8
3	4	2	5	7	8	1	6	9
8	1	3	4	6	5	9	2	7
7	2	5	1	9	3	8	4	6
9	6	4	7	8	2	3	1	5



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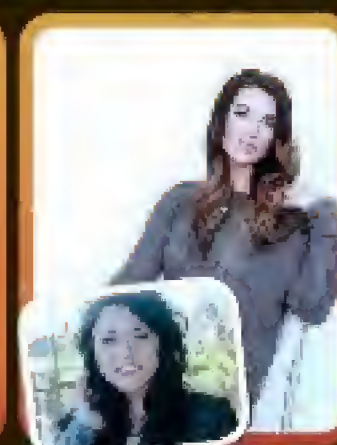
**TUESDAY
JUNE 21**

The Sadies
with guest Terra Lightfoot
8 p.m.



**WEDNESDAY
JUNE 22**

Chilliwick
8 p.m.



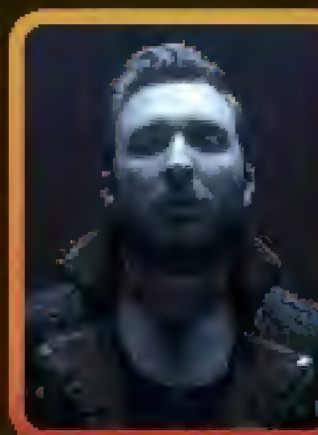
**THURSDAY
JUNE 23**

Jess Moskaluke
with guest Kendra Kay
8 p.m.



**FRIDAY
JUNE 24**

Pop Evil
8 p.m.



**SATURDAY
JUNE 25**

Coleman Hell
8 p.m.



**SUNDAY
JUNE 26**

**Treehouse's
Splash 'N Boots**
2 & 4 p.m.

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